

SCHEDULING A VISIT AND REQUESTING GENDER AFFIRMING CARE FROM COUNSELING AND PSYCHOLOGICAL SERVICES

Terms: GAHT: Gender Affirming Hormone Therapy (also known as HRT); GAS = Gender Affirming Surgery (such as top or bottom surgeries, orchiectomy, hysterectomy, tracheal shave and facial feminization surgery)

START

Starting your process with Counseling and Psychological Services (CAPS)

SCHEDULE:

Students can schedule appointments via the online portal, calling 404-727-7450, or by walking into the CAPS office in person. Visit counseling.emory.edu > Go to "clinical services" > Select "get started" > use the password on the screen to book your first consultation.

First Meetings: Phone consultation and Zoom screening

Through a **20-minute phone call consultation** (non-urgent initial contact), discuss your goals and ways CAPS can support you and your identities (e.g., counseling topics, medical referrals, etc.) with a CAPS provider. They will discuss the next steps.

Fill out online paperwork about your history and concerns. This will help the CAPS provider decide which therapy provider and other services best fit your needs.

Through a **30-minute Zoom screening** (additional evaluation), the CAPS provider gathers additional information and reviews the online paperwork with you to help determine the next steps. This will help CAPS decide which provider best fits you.

Schedule an official visit with your new CAPS provider, once one has been assigned to you.

Requesting referral for gender-affirming surgery (GAS)

Your first official therapy visit: your CAPS provider will discuss with you the medical transition process, surgery plans, and your needs/goals for medical care. The two of you will collaboratively determine plans for follow-up care if needed.

Additional sessions: possible additional sessions may be needed for follow-up on care coordination with providers, and further support in providing documentation. You will need to sign a release of information before the provider can send the letter to the surgeon or medical facility/provider.

For non-urgent questions/matters: **Visit counseling.emory.edu**

FREQUENTLY ASKED QUESTIONS

What's the difference between a community referral vs. an internal one?

Community referrals help with care outside of CAPS/Emory Student Health Services.

Will I be assigned to a provider who is familiar with the requirements for a GAS letter?

Yes! A provider familiar with GAS referrals will be assigned to students requesting that service.

How do I ask for identity-specific care?

During your consultation ask:
"Can I be assigned to a counselor who specializes in/works with/is familiar with [insert identity here]?"
or
"It is important to me that my counselor understands [] issues and experiences."

Will this show up on my family's insurance?

Services provided by Emory CAPS are not billed to your insurance. Please ask Emory Student Health Services about their insurance billing.

WHERE?

1462 Clifton Rd
Atlanta, GA 30322

Call CAPS: **404-727-7450**



EMORY
UNIVERSITY

Campus Life

Office of Lesbian/Gay/Bisexual/Transgender Life
Counseling and Psychological Services
Student Health Services
Office of Health Promotions

***Gender Affirming Surgeries (GAS) and Gender Affirming Hormone Therapy (GAHT) may only be available to students 18 or older due to legal restrictions.**

For any questions or concerns or to be connected to other affirming services and gender affirming surgeries, please email LGBT@emory.edu.