

Supporting Trans Student Mental Health Through Gender-Affirming Products

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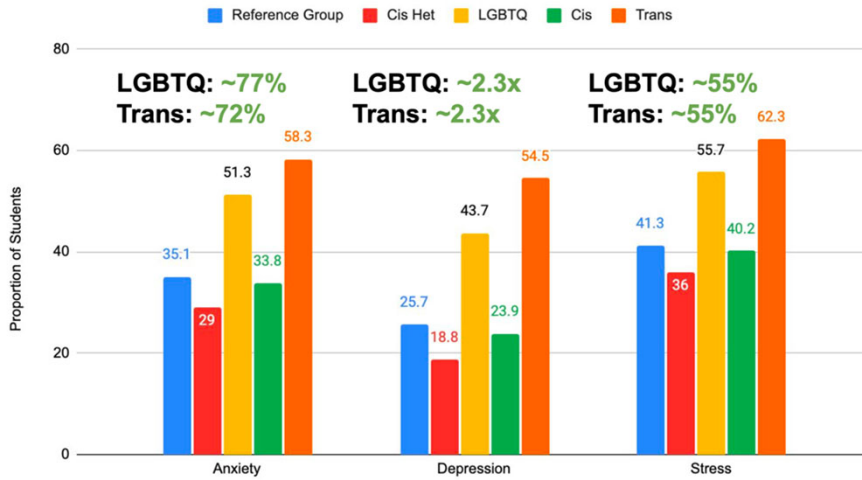


Data: Trans Student Mental Health

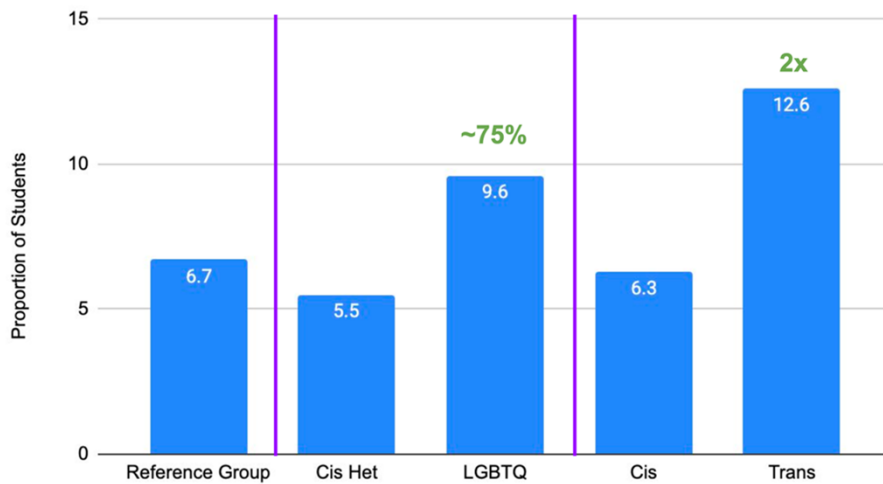
A C H A N C H A III
American College Health Association National College Health Assessment
Cisgender & Transgender/Gender Non-Conforming Students Side-by-Side
Executive Summary
Spring 2022
American College Health Association
National College Health Assessment III
ACHA-NCHA III

Cisgender n= 64074
Trans/GNC n= 4011 (6%)
1 in 17 students surveyed were trans

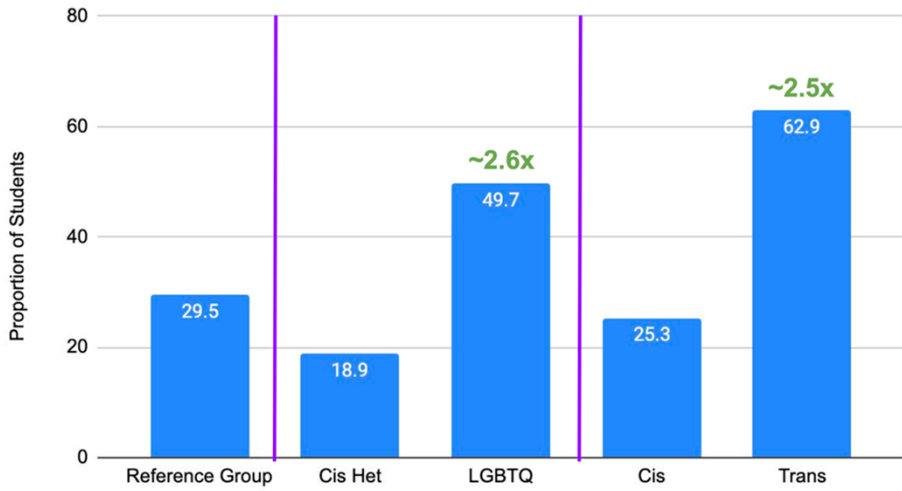
Impacts to Academic Performance: Anxiety, Depression and Stress



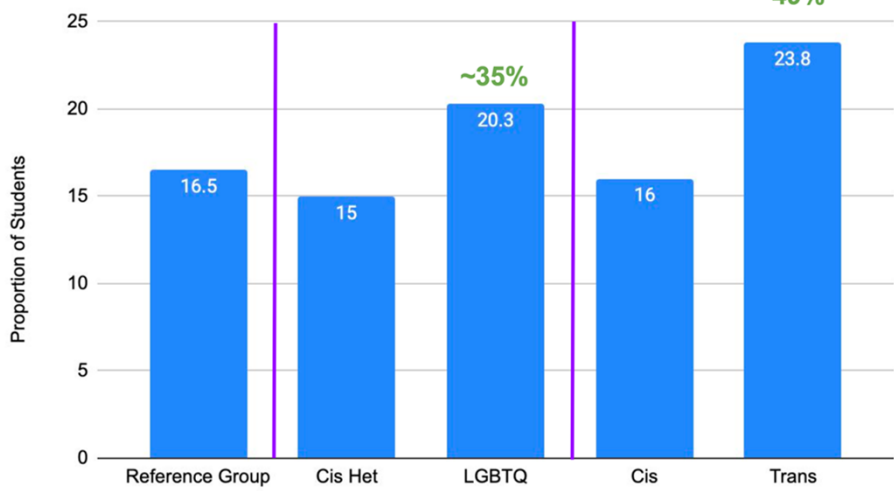
Impacts to Academic Performance: Personal appearance



Screening Positive for Suicidality on SBQ-R



Impacts to Academic Performance: Finances



Gender Affirmation Saves Lives!

- Trans students with access to gender-affirming resources report higher resilience and lower depression rates

Gender-Affirming Products / Care:

- Supports gender identity expression
- Reduces gender dysphoria
- Enhances self-esteem and overall well-being

The Gender Affirmation Closet



The Gender Affirmation Closet

Addresses key challenges for trans students:

- Financial barriers to affirming products
- Lack of safe shopping environments
- Limited access to essential gender-affirming items (binders, trans tape, packers, breast forms)

Total Product Requests: 214

2022-2023: 71 | 2023-2024: 79 | 2024-2025: 64

Our Funding Request

- Existing Annual Budget: \$4,000
 - Increased demand
- Requesting \$10,000 to expand inventory of various gender-affirming products:
 - Trans Tape (~\$15)
 - Chest Binders (~\$40)
 - Packers (~\$20-50)
 - Other (e.g., makeup, underwear, wigs, etc.)

Why COSAF Support Matters

- Would be an investment in the well-being of a highly marginalized population of students
- Would promote an evidence-based form of mental health support
- Would promote diversity, equity and inclusion, in addition to sense of belonging

Thank You!