

## Community and Mental Health Resources

[City of Durham Community Resources PDF](#) (hyperlink)

[Community Fridges](#)

durhamcommunityfridges.com

[Radical Healing](#)

radicalhealing.co

- Offers primary care (acute, preventative, chronic health services), group offerings, psychiatric medication management, mental health therapy, physical therapy

[LGBTQ Center of Durham](#)

lgbtqcenterofdurham.org

- Crisis services, health and wellness services (dental, HIV/AIDS, STI prevention/education/treatment), medical, mental health, health improvement programs, bodywork/massage/yoga, substance use and harm reduction
- Financial resources
- Local entertainment
- Transgender and Gender Affirming Resources

[El Centro NC](#)

elcentronc.org

- Health Window, mental health, preventative health, referrals to low-cost health services, prevention of sexually transmitted diseases, education on cardiovascular health/diabetes, access to vaccines and COVID 19 tests

[Healing Arts Collaborative](#)

healingartscollaborative.com

- "We are mental healthcare workers committed to providing safe, affirming, and culturally responsive healthcare for our 2SLGBTQIA+ community"

[Durham Crisis Response Center](#)

thedcrc.org/lgbtq-program

- LGBTQIA+ Program, survivors of domestic violence, sexual assault, stalking

[Duke Health Nutrition Services](#)

students.duke.edu/wellness/studenthealth/nutrition

- Balanced eating guide for health and wellness, meal prep, fatigue, diet + mental/physical health

[Gender Unicorn](#)

transstudent.org/gender

## Pronouns (from Duke Student Affairs)

Pronouns are the words that we use to refer to a person in place of their name.

Pronouns are helpful linguistic tools, but they also are meaningful tools to communicate identities and experiences.

Examples of usage:

**He/him:** Jordan went to the Brodhead Center to eat dinner, but **he** forgot **his** DukeCard.

**Xe/xem:** Maria left **xyr** backpack and **xe** has an important paper in there, can you go grab it for **xem**? (Phonetic: zee/zehm/zeer)

**They/them:** Jin has a midterm next week, but **they** haven't begun to study yet – **they're** so busy with other work!

**She/hers:** Erica is a dynamic speaker! **Her** presentation to our group left everyone feeling inspired. **She** really did well!

**None:** **Mateo** is hosting office hours tomorrow afternoon, be sure to stop by as **Mateo** can help with the challenging concepts from last week's lecture!

There is no exhaustive list of pronouns, but most of us are likely already familiar with a few commonly used ones. Many people use one or a combination of the following pronouns: he, she, they, xe, ze, and more. Some people do not use any pronouns and are called by their names. Everyone has a way to be referred to – learning someone's pronouns is essential to communicating respectfully with one another.

Pronouns are especially relevant to transgender and non-binary students, staff, and faculty, who may experience misgendering, that is, the intentional or unintentional incorrect use of pronouns to refer to them – often in their daily lives.

In order to create a campus environment where all community members can thrive, including LGBTQIA community members, we must be intentional and proactive about our pronoun usage.

## Don't Make Assumptions

While pronouns communicate something important about our identities and experiences, they are not inherently connected to any gender identity or expression. For example, if you know Jade is a woman, it may not mean that Jade uses she/her pronouns.

You can't make assumptions about what pronouns someone uses based on your perceptions of their appearance or gender expression. The only assumption you can make, is that you don't know what pronouns someone uses without them explicitly telling you. People may have pronouns they use in different spaces. For example, a student may feel safe using some pronouns with their friends and with you, and may use another set of pronouns in a space where they are not out. Always follow up with questions to gain a sense of when and where to use certain pronouns with an individual.

## More than Pronouns

Pronouns aren't the only language that communicate assumptions about gender. Many common phrases used to refer to groups also have gendered implications – such as “ladies and gentlemen”, “guys”, or “boys and girls”. These phrases make assumptions about the group you're referring to and enforce a binary that fails to include non-binary people – and can easily be more inclusive with small changes. Try using phrases such as: “guests”, “class”, “everyone”, or “y'all” to refer to groups in a more inclusive way.