



MaineTrans.Net

redefining gender

Maine Family Planning Database

To: Our Trans and non-binary community:

Maine Family Planning has established a database for surgical and non-surgical resources. The database is on their website, and they are asking as many people in our community as possible to assist them by checking it out and providing feedback.

To reach the site information, go to mainefamilyplanning.org, then the "Our Services" tab, then "Gender Affirming Healthcare". On the "Gender Affirming Healthcare" page scroll down to and click on the fourth topic, "Resources." It will open to a light blue box. The "Surgical" and "Nonsurgical" links are located at the bottom of this box.

The "Surgical Resources" tab has information on providers in Maine, New England and beyond that are performing gender affirming surgeries. It is broken down by type of surgery and location. It also includes what health insurances they accept, as well as their requirements for letters of support, time on HRT, social transition, smoking cessation, and BMI. We have also tried to include any other notes, such as if they have long wait lists, any personal recommendations, etc. This section also has info on hair removal, as it is required for some surgeries. Additionally, we have a link to information on Mainecare coverage.

The "Nonsurgical Resources" tab includes info on PCPs, mental health providers, dentists, vocal/speech therapists, and other providers that have experience or have had specialized training to work with trans patients. Other info found here is crisis, legal and social support services, massage therapists, and a variety of businesses and services that many people need or use, such as salons/ barber shops, gaming shops, tattoo shops, Aestheticians, hair replacement, photographers, etc.

We would greatly appreciate feedback and help with adding to these lists. Do you have experience with trans-friendly providers or businesses that you want added to our database? Did we miss a type of medical or business service that should be added? Please let us know by emailing info@mainefamilyplanning.org with your tips! Help other trans people find the safe and affirming spaces that they need.