



**PRISM**  
THERAPY GROUP

A vibrant, scenic landscape featuring a stone archway over a wooden bridge. The bridge is made of dark wood and has a stone archway above it. The surrounding area is lush with greenery, including tall evergreen trees and colorful foliage in shades of red, orange, and yellow. A bright rainbow is visible in the sky, arching over the bridge. The overall scene is bright and colorful, suggesting a peaceful and welcoming environment.

# **A Brief Guide to Iowa LGBTQ+ Individual and Family Resources**

Developed for you by Kalen at Prism Therapy Group

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# LGBTQ+ individuals and families can face many challenges...

## Discrimination is Real

Anti-LGBTQ+ hate crime continues to increase, but the **AMERICAN CIVIL LIBERTIES UNION (ACLU) OF IOWA** fights to stop discrimination based on sexual orientation or gender identity in employment, education, public accommodations, health care, and housing. Visit [aclu-ia.org/en/issues/lgbtq-rights](https://www.aclu-ia.org/en/issues/lgbtq-rights) for more info or if you need legal help email [legal.program@aclu-ia.org](mailto:legal.program@aclu-ia.org)

## So is the Suicide Risk

Those in the LGBTQ+ community are at a higher risk of suicide. Especially LGBTQ+ youth. That's why **THE TREVOR PROJECT** provides crisis intervention and suicide prevention services to LGBTQ+ youth. Visit [thetrevorproject.org/get-help-now](https://www.thetrevorproject.org/get-help-now) or call **1(866)488-7386** for info.

# ...but we are not alone

## It is Getting Better

According to the Pew Research Center, globally LGBTQ rights and acceptance are increasing, with significant gains in public opinion found in the United States.

The **LGBT NATIONAL HOTLINE** is here if you need help or to talk. Call **1(888)843-4564** or visit the **LGBT National Help Center** at [glnh.org](https://www.glnh.org) for more support options.



# 4X

LGBTQ people are more likely to experience violent crime

# 45%

of LGBTQ youth have considered suicide

# 82%

of trans people have considered suicide

# 62%

of Americans say they are more supportive of trans rights than 5 years ago



A non-exhaustive list of

# Local, State, and National Resources

**YOUR LIFE IOWA** If you need help with alcohol, drugs, gambling, suicidal thoughts, or mental health Your Life Iowa is here for you 24/7.

[yourlifeiowa.org](http://yourlifeiowa.org)

1(855)581-8111

text 1(855)895-8398

**IOWACASA** Iowa Coalition Against Sexual Assault represents 24 victim service programs across the state for resources, support, counseling, and housing. The Call Center is available 24/7

[iowacasa.org](http://iowacasa.org)

1(800)770-1650

text "IOWAHELP" to 20121

## BLACK TRANS ADVOCACY COALITION

Black trans people experience the highest levels of discrimination of all trans people. BTAC is led by Black trans people to collectively address inequities.

[blacktrans.org](http://blacktrans.org)

1(855)624-7715 T-Th, 10am-6pm CST

**SAGE LGBTQ+ Elder Hotline** Connects LGBTQ+ older people who want to talk with crisis response certified, LGBTQ+ competent, friendly responders who are ready to listen.

[www.sageusa.org](http://www.sageusa.org)

1(877)360-5428

**PRISM THERAPY GROUP** Provides an intentionally inclusive, comfortable, and warm atmosphere with experienced, well-trained providers who are invested in your mental health and wellness  
[prismtherapygroup.com](http://prismtherapygroup.com)

**UIOWA LGBTQ CLINIC** UI Health Care's LGBTQ Clinic provides LGBTQ+ individuals with care ranging from chronic disease management to immunizations, from urgent care to surgery.

1(800)777-8442

**EMMA GOLDMAN CLINIC** Empowers people of all genders and sexual identities in all life stages through respectful, participatory health care.

[emmagoldman.com](http://emmagoldman.com)

1(800)848-7684

**ONE IOWA** Advances, empowers, and improves the lives of LGBTQ Iowans statewide.

[oneiowa.org](http://oneiowa.org)

**TRANS LIFELINE** A program that is run by trans people for trans people and provides trans peer support.

[translifeline.org](http://translifeline.org)

1(877)565-8860







# PRISM THERAPY GROUP



FIND US ONLINE

[PrismTherapyGroup.com](https://PrismTherapyGroup.com)



ASK QUESTIONS

[PrismTherapyGroup.com/contact](https://PrismTherapyGroup.com/contact)

Prism Therapy Group seeks to provide an intentional, inclusive, comfortable environment. Providing the safety to do the work. Helping to get you to the you have always been meant to be. Perhaps you already know this part of yourself and are wishing to reclaim it. Maybe you have never known and feel lost. Or are searching for this sense of self. Maybe it has been covered by all the pressures and expectations, buried in the weight of experiences you fear you may never shed or uncover.

Unburden yourself, rest, and just breathe. You are in good hands. Here is to finding hope in hopeless places. Together we got this!

**Like a Prism... Let us find together all the colors and light that surround you and always have.**



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*If you are experiencing an emergency, please visit your nearest emergency center, call 911, the Crisis Lifeline at 988, the Blackline at 800-604-5841, or the Trans Lifeline at 877-565-8860.*