



IOWA

A Brief Guide to LGBTQ+ Individual and Family Resources

Provided for you by the LGBTQ Counseling Clinic
lgbtq-clinic@uiowa.edu



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 for more info or if you need legal help email legal.program@aclu-ia.org

So is the Suicide Risk

Those who identify as LGBTQ+ are at a higher risk of suicide- especially LGBTQ+ youth, but **The Trevor Project** is providing crisis intervention and suicide prevention services to LGBTQ+ youth. Visit thetrevorproject.org/get-help-now 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 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



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

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

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

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

THE TREVOR PROJECT The Trevor Project is an organization that provides crisis intervention and suicide prevention services to LGBTQ+ young people under 25.

thetrevorproject.org

1(866)488-7386

LGBTQ COUNSELING CLINIC

The University of Iowa's LGBTQ Counseling Clinic provides psychotherapy, psychosocial assessments, and letters of support for HRT and surgeries.

lgbtq-clinic@uiowa.edu

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 envisions a Missouri with full equality regardless of sexual orientation, gender identity, or gender expression.

emmagoldman.com

1(800)848-7684

ONE IOWA One Iowa advances, empowers, and improves the lives of LGBTQ Iowans statewide.

oneiowa.org

TRANS LIFELINE Trans Lifeline is a program that is ran by trans people for trans people and provides trans peer support.

translifeline.org

1(877)565-8860





LGBTQ COUNSELING CLINIC



FIND US ONLINE

<https://education.uiowa.edu/research/research-centers-and-research-initiatives/lgbtq-counseling-clinic>



ASK QUESTIONS

at lgbtq-clinic@uiowa.edu



OUR PROGRAM

<https://education.uiowa.edu/areas-study/counseling-and-mental-health/couple-and-family-therapy>



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