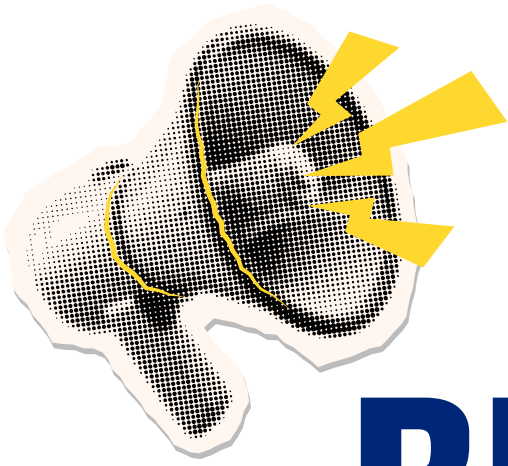


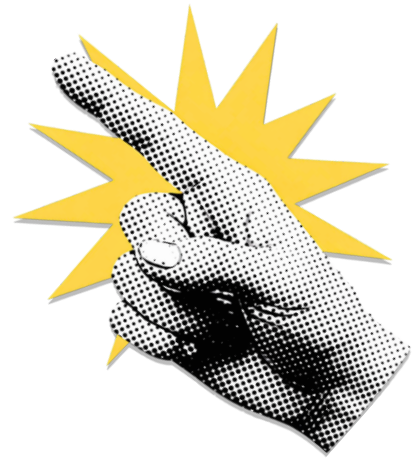


(Outside of quiet hours)

BE LOUD BE PROUD BE YOURSELF



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Guidance for LGBTQ+ & Questioning Students

FIND YOUR COMMUNITY

- Explore activities, clubs, and events focused on shared culture and identities, focus of study, and personal interests.
- Attend panels, workshops, courses, and networking events that center LGBTQ+ topics and identities.
- Visit your campus LGBTQ+ Resource Center (this may be called a Health & Wellness Center, Center for Diversity and Inclusion, or another name. Ask your RA!)



REMEMBER

You don't have to be out to find community, and **there's no right way to be LGBTQ+**. The only person who can decide who you are, your timeline, and comfort level is **you**.

TAKE CARE OF YOURSELF

College can be stressful, and protecting your well-being is essential. In addition to personal wellness practices, you can:

- Create a safety plan that includes trusted contacts, safe spaces on campus, and crisis resources.
- Seek affirming mental health support, including counselors trained in LGBTQ+ issues or peer support groups.



MENTAL HEALTH RESOURCES

- **The Trevor Project** - Chat 24/7 with a crisis counselor by:
 - Calling 1-866-488-7386
 - Texting START to 678-678
 - Chatting at chat.trvr.org
- **Trans Lifeline Hotline** - Access peer support, run by trans people for trans and questioning folks, at 877-565-8860

KNOW YOUR RIGHTS

Get familiar with federal and state-level LGBTQ+ laws, as well as campus policies and protections for the following areas:

- Non-discrimination and anti-harassment
- Inclusive restroom and facility access
- Health and counseling services
- Chosen name and pronoun usage and documentation
- Inclusive housing options



SCAN FOR
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RESOURCES

