

# SELF-HELP RESOURCES FOR EXPLORING SEXUALITY

*It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living*  
Edited by Dan Savage and Terry Miller\*

## BOOKS



*The Gay and Lesbian Guide to College Life: A Comprehensive Resource for LGBT Students and Their Allies*  
by John Baez

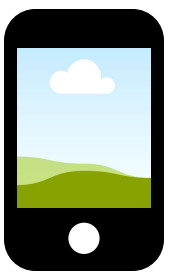
Also see PFLAG NYC's *Suggested Reading List on Coming Out, Families, and Other LGBT+ Topics* at [pflagnyc.org/support/suggestedreading](http://pflagnyc.org/support/suggestedreading)

\*Some books available through App State's Belk Library: [library.appstate.edu](http://library.appstate.edu)

For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

## SMARTPHONE APPS



For mood-tracking:

- Pacifica

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

*Human Rights Campaign: Campus and Young Adult Resources:*  
[hrc.org/explore/topic/campus-young-adult](http://hrc.org/explore/topic/campus-young-adult)

## ONLINE RESOURCES



*It Gets Better Project:*

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

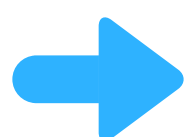
*NAMI: Mental Health Conditions in the LGBTQ Community:*

[nami.org/find-support/lgbtq](http://nami.org/find-support/lgbtq)

*PFLAG: Support for LGBTQ+ individuals and their loved ones:* [pflag.org](http://pflag.org)

*Trevor Project: Support and Suicide Prevention for LGBTQ+ youth:*  
[thetrevorproject.org](http://thetrevorproject.org) or (866)488-7386

**MORE SELF HELP ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

*The New Black* (2013): "tells the story of how the African-American community is grappling with the gay rights issue."  
newblackfilm.com

## VIDEOS



*Do I Sound Gay?* (2014):  
"A documentary about finding your true voice."  
doisoundgay.com

*Game Face* (2015): "Exploring the coming-out journeys of LGBTQ athletes."  
youtube.com/watch?v=SHkx9evsC-M

*The Out List* (HBO Docs, 2013): Explores the range of experiences lived by Americans who identify as LGB+.  
youtube.com/watch?v=R6eywSBHSqU

Counseling Center: (828) 262-3180  
counseling.appstate.edu

LGBT Center: (828) 262-8566  
lgbt.appstate.edu

Multicultural Student Development: (828) 262-6158  
multicultural.appstate.edu

## CAMPUS RESOURCES



University Housing: Check out ASUnity Residential Learning Community.  
housing.appstate.edu/pagesmith/71

Wellness Center: (828) 262-3148  
wellness.appstate.edu

A-SPEC (student organization):  
orgsync.com/137040/chapter

Sexuality and Gender Alliance (student organization):  
orgsync.com/91062/chapter

## MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes resources from:

Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.