

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

*Some books available through App State's Belk Library: library.appstate.edu

For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

SMARTPHONE APPS



For mood-tracking:

- Sanvello

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

ONLINE RESOURCES



It Gets Better Project:

itgetsbetter.org

NAMI: Mental Health Conditions in the LGBTQ Community:

nami.org/find-support/lgbtq

PFLAG: Support for LGBTQ+ individuals and their loved ones: pflag.org

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

MORE SELF HELP ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

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

Intercultural Student Affairs: (828) 262-6158
intercultural.appstate.edu

CAMPUS RESOURCES



University Housing: (828) 262-2160
housing.appstate.edu

Wellness and Prevention Services: (828) 262-3148
wellness.appstate.edu

A-SPEC (student organization):
engage.appstate.edu/organization/a-spec

Sexuality and Gender Alliance (student organization):
engage.appstate.edu/organization/sexuality-and-gender-alliance

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.