EXPLORING SEXUALITY

Resource Bank for

Please access each resource by clicking links!

### Social Media
- @lgbtcenter_appstate
- @sagaappstate
- @QueerNeers
- @EvergreenCounselingBoone
- @lgbt
- @StayProject
- @gaytimes
- @queersextherapy
- @LGBTQIAislife
- @Inclusive Therapists
- @GLAAD

### Helpful Handouts
- Sexuality Galaxy
- Self-care inventory
- 10 Things You Can Do to Be an Ally to People Who Are LGBTQ+
- Distress Tolerance
- 30 Days of Self-Care Plan

### Books and Podcasts
- 15 Podcasts from LGBTQ+ Creators to Add to Your List
- PFLAG NYC’s Suggested Reading List
- The Queer Collective Podcast
- Young Queer America: Real Stories and Faces of LGBTQ+ Youth
- Gay Times: Best Books of 2022 by LGBTQ+ Authors
- Perfectly Queer: Facing Big Fears, Living Hard Truths, and Loving Myself Fully Out of the Closet
- LGBTQ&A
- Bad Queers
- Queer Dating Guide
Websites & Videos
- The Trevor Project
- Youtube: Fostering Cheer for the Queers workshop
- Evergreen Counseling - Local Resources
- Equality North Carolina
- Equality NC Resource List
- PFLAG
- GLAAD
- GLAAD LGBTQ+ Resource List
- A Therapist Like Me
- Inclusive Therapists
- National Queer and Trans Therapists of Color Network - Community Resource List

Campus Resources
- Henderson Springs LGBT Center
- Group therapy - Counseling and Psychological Services: LGBTQ+ Support Group
- Let's Talk - Counseling and Psychological Services
- Campus list of gender neutral and single-use restrooms
- Sexuality and Gender Alliance (SAGA)
- Multicultural Student Center
- Housing Guide and Considerations

Apps
- Evolve: Self Love & Gratitude for LGBTQ+
- WellTrackBoost
- Tappy: Self Care Fidgeter
- Finch: Self Care Widget
- Pride Counseling
- Voda: LGBTQIA+ Mental Wellness
- Insight Timer
- Calm
- Headspace

Interested in learning more?
Counseling Center Services
The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.
1st Floor, Miles Annas Building | counseling.appstate.edu
(828)262-3180 | counseling@appstate.edu | @appstatecounselingcenter