

Resource Bank for **EXPLORING SEXUALITY**

Please access each resource by clicking links!

Social Media

Instagram:

- [@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

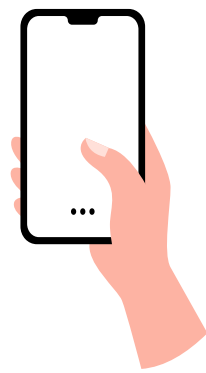
- [The Trevor Project](#)
- Youtube: [Fostering Cheer for the Queers workshop](#)
- [Evergreen Counseling - Local Resources](#)
- [Equality North Carolina](#)
- [Equality NC Resource List](#)
- [PFLAG](#)
- [GLAAD](#)
- [GLAAD LGBTQ+ Resource List](#)
- [A Therapist Like Me](#)
- [Inclusive Therapists](#)
- [National Queer and Trans Therapists of Color Network - Community Resource List](#)

Campus Resources

- Henderson Springs [LGBT Center](#)
- [Group therapy](#) - Counseling and Psychological Services: LGBTQQ+ 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](#)