

Coming Out Resources

Best Colleges Article

[College Experience Guide for LGBTQ+ Students](#)

Scarleteen Articles

- [Q is for Questioning](#)

Questioning or unsure of where you are in terms of your sexual orientation and/or gender identity? That's totally valid and normal!

- [Gender Confusion: Being Unsure Doesn't Have to be a Bummer](#)
- [Sexuality: WTF Even Is It, Anyway?](#)
- [A Totally Non-Exhasutive, Step By Step Guide to Coming Out](#)

This guide includes a lot of detailed information about navigating life as a young member of the LGBTQA+ community.

Them Articles

- [How Do I Know If I'm Transmasculine?](#)
- [How Do I Know If I'm Transfeminine?](#)

Human Rights Campaign

Generalized and identity specific Coming Out guides:

- [A Resource Guide to Coming Out](#)
- [Living Authentically as Lesbian, Gay, and Bisexual+](#)
- [Living Authentically as Transgender or Non-Binary](#)
- [Living Authentically as LGBTQ Asian and Pacific Islander Americans](#)
- [Living Authentically as Black LGBTQ People](#)
- [Living Authentically as LGBTQ Latinx Americans](#)

The Trevor Project

[The Coming Out Handbook](#)

This handbook invites young people navigating the coming out process to explore what their journey of self-discovery and coming out means to them. It also includes detailed tips for those wanting to come out to the people in their life.

GLSEN

Coming Out: A Resource for LGBTQ Students

This guide provides young LGBTQ-identifying people with tips for how to navigate the coming out process, and how to move forward.

Looking to provide validation and support to someone who recently came out to you?

Check out these sources of information:

Human Rights Campaign's Guide: [Being an LGBTQ Ally](#)

GoodRX Health: [How to Support Someone Who Comes Out to You as LGBTQ+](#)

Looking to provide support to your child who just came out to you?

Family Equality: [What To Do \(And Not Do\) When Your Child Comes Out to You](#)

Experiencing familial tension, or looking for a family counselor's perspective on how to navigate the coming out experience? Or perhaps, you're looking for a counselor's advice on how to navigate a relationship with someone you know who has recently come out?

Counseling Schools: [LGBTQ+ Family Dynamics in Therapy](#)

Students and Families

Health Services

Office: University Center 440

Phone: (859) 572-5650

Email: hcsw@nku.edu

Counseling Services

Office: University Center 440

Phone (859) 572-5650

Email: hcsw@nku.edu

Norse Violence Prevention

Office: Albright Health Center, Suite 246
Phone: (859) 572-5865
Email: nvp@nku.edu

Flex Housing

Office: University Housing Office is located in Norse Commons
For information, FAQ's, and important deadlines, visit: [NKU Flex Housing](#)

Title IX

Office: Student Union 301
Phone: (859) 572-5147
<https://inside.nku.edu/titleix.html>

GLSEN

Advocacy in schools for LGBTQ students.

Website: <https://www.glsen.org/>
E-mail: info@glencincinnati.org
Phone: (866) 934-9119

PFLAG

Support organization for LGBTQ individuals, family, and friends.
Phone: (513) 721-7900. Ask for the PFLAG contact number.
E-mail: info@pflagcinci.org

Website: https://www.pflagcincinnati.org/about_us

Q Chat Space

Online discussion groups for LGBTQ+ teens (13-19) facilitated by staff from LGBTQ+ groups across the country.

Address: PO Box 24490, Fort Lauderdale, FL 33307
Phone: (954) 765-6024
Website: <https://www.qchatspace.org/>

The Trevor Project

Website: <https://www.thetrevorproject.org>

Trevor Space

An online support group through the Trevor Project for ages 13-24.

Website: <https://www.trevorspace.org/>

BestColleges Student Voices

BestColleges Student Voices features essays from real college students on their experiences, challenges, and success. If you want to see your story on the site, what would your submission look like?

Email: studentvoices@bestcolleges.com

Website: <https://www.bestcolleges.com/student-voices/submission-guidelines/>

MoneyGeek

Looking for financial assistance as a member of the LGBTQA+ community? MoneyGeek has information on how to navigate your finances through all aspects of life, from housing to planning for a family, from taxes to planning for your future. They also have significant information on how to navigate the financial aspect of the gender affirming care process.

Website links:

- <https://www.moneygeek.com/financial-planning/lgbtq/>
- <https://www.moneygeek.com/financial-planning/paying-for-gender-confirmation-surgery/>

Faculty and Staff

SAFE (Staff, Administrators, & Faculty for Equality)

Advocacy organization for LGBTQ and allied staff, administrators and faculty

Website: <http://safe.nku.edu>

Department of Human Resources

Information and resources about benefits, policies, and services for LGBTQ employees.

Website: nku.edu/hr

Phone: (859) 572-5200

Email: hr@nku.edu

General LGBTQA+ Healthcare

Equitas Health

Equitas Health is an organization that caters to the LGBTQIA+ Community and provides all aspects of healthcare and pharmacy. Locations are all throughout Ohio, with the closest location in downtown Cincinnati.

Website: <https://equitashealth.com/>

Human Rights Campaign

Resources for LGBTQ+ Patients; detailed information on receiving healthcare as an LGBTQIA+ individual: <https://www.hrc.org/resources/patient-resources>

Is PrEP (Pre-Exposure Prophylaxis) Right for Me? Find out more about protecting yourself from HIV: <https://www.hrc.org/resources/is-prep-right-for-me>

Healthline LGBTQIA+ Safer Sex Guide

Informative guide for how to practice safer sex habits and how to seek the right medical help for your sexual health needs.

Website: <https://www.healthline.com/health/lgbtqia-safe-sex-guide#meds-vaccines-screenings>

UNC Health Talk

If you are LGBTQ, keep these 7 things in mind when seeing your doctor: <https://www.healthline.com/health/lgbtqia-safe-sex-guide#meds-vaccines-screenings>

Gender-Affirming Care Resources

Out Care

Looking for a healthcare provider? Visit OutCare to learn more about the providers near you that specialize in LGBTQ+ affirming healthcare.

Website: <https://www.outcarehealth.org/outlist/>

LGBTQ+ Healthcare Directory

Find an LGBTQ+ affirming healthcare provider and learn more about what you should discuss with your healthcare provider as an LGBTQ+ individual.

Website: <https://lgbtqhealthcaredirectory.org/>

Human Rights Campaign

Get the facts on gender-affirming care: <https://www.hrc.org/resources/get-the-facts-on-gender-affirming-care>

Healthcare Equality Index 2022: <https://www.hrc.org/resources/healthcare-equality-index>

UCSF Gender-Affirming Health Program

Gender-affirming treatments and procedures: <https://transcare.ucsf.edu/guidelines/overview>

American Society of Plastic Surgeons

Gender Affirmation Surgeries: <https://www.plasticsurgery.org/reconstructive-procedures/gender-affirmation-surgeries>

Johns Hopkins Medicine

Gender-Affirmation non-surgical services:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/gender-affirmation-nonsurgical-services>

Trans Resources

Trans Health Project

Visit the Trans Health Project to find healthcare information and providers that offer support and care to transgender individuals.

Website: <https://transhealthproject.org/resources/trans-health-care-providers/>

Cincinnati Children's Transgender Health Clinic

Visit Cincinnati Children's Transgender Health Clinic if you are under the age of 25 and live in or around the Cincinnati area seeking transgender affirming care. They do not accept new patients over the age of 22.

Website: <https://www.cincinnatichildrens.org/service/t/transgender>

MyTransHealth

MyTransHealth is another organization that provides support for people seeking out healthcare providers that specialize in transgender care.

Website: <https://mytranshealth.com/>

Center for Disease Control and Prevention

Visit the Center for Disease Control and Prevention (CDC)'s information page on LGBT Health and find identity-specific healthcare guides.

Website: <https://www.cdc.gov/lgbthealth/index.htm>

Planned Parenthood

What Do I Need to Know About Trans and Non-Binary Health Care?

Website: <https://www.plannedparenthood.org/learn/gender-identity/transgender/what-do-i-need-know-about-trans-health-care>

Heartland Trans Wellness (learn more here):

<https://www.facebook.com/heartland.transwellness>

LGBT National Help Center (visit their website here): <https://www.lgbthotline.org/>

Trans Kentucky (visit their website here): <http://www.transkentucky.com/>

Living with Change (visit their website here): <https://livingwithchange.org/>

Transgender Law Center (visit their website here):

<https://transgenderlawcenter.org/> or call them at 510-587-9696

Trans Ohio (visit their website here): <http://transohio.squarespace.com/>

Health and Safety

LGBTQA+ Health Guide

According to The National Alliance on Mental Health, LGBTQ individuals are 3 times more likely to experience mental health conditions.

Click the link below to find out more on how to prevent and recognize mental and physical illness, and how to receive/ask for help.

<https://www.drugwatch.com/health/lgbtq/#mental-health-and-suicide>

Important LGBTQ Resources for Addiction and Mental Health

A medically reviewed list of LGBTQ addiction and mental health organizations, and community allies. The list includes free hotlines, suicide prevention support and services, youth organizations, and online mental health and addiction resources.

Website: <https://www.rehab.com/specialty/lgbtq>

GLAST – Gays and Lesbians Achieving Sobriety Together

GLAST stands for Gays and Lesbians Achieving Sobriety Together. GLAST is the only Lesbian, Gay, Bisexual, Transgender, Queer+ substance use prevention and resource program in the Greater Cincinnati/Northern Kentucky area. We are not affiliated with any 12-step group, religious organization, or medical group. However, we do work with these groups to help others recover from addiction. We are a tax exempt 501(c)3 non-profit organization.

Phone: (513) 334-6945

Website: <https://www.glast.org/>

Lighthouse Youth Services

The mission of Lighthouse Youth and Family Services is to empower young people and families to succeed through a continuum of care that promotes healing and growth. They provide housing, support groups, outpatient mental health services, foster care and adoption, and much more.

Address: 401 E. McMillan St. Cincinnati, OH, 45206

Phone: (513) 221-3350

Website: <https://nam12.safelinks.protection.outlook.com/GetUrlReputation>

The Pier Recovery Community Center

The Pier Recovery Community Center serves to light the way toward recovery for those with substance use and mental health disorders through education, advocacy, and the gift of hope.

Address: 1002 Monmouth St. Newport, KY 41017

Phone: (859) 547-6539

Website: <https://www.piercc.org/>

Email: vlandrum@mhankyswoh.org ; tspicer@mhankyswoh.org

Cincinnati Alcoholics Anonymous – LGBT Specific Group

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Non alcoholics may attend open meetings as observers.

Website: <https://aacincinnati.org/meetings/queen-city-group-lgbt-2/>

The Recovery Village and The Recovery Village: Palmer Lake

A free web resource that provides information about addiction, eating disorders, and mental health issues.

Studies have shown that individuals in the LGBTQ+ community are more likely to use and abuse alcohol and drugs and tend to continue abuse throughout their lives. We work to spread awareness and to be an informational resource for those impacted by alcohol and drug dependence.

The Recovery Village Website: <https://www.therecoveryvillage.com/resources/lgbtq/> ;

The Recovery Village Phone: (844) 970-2521

The Recovery Village Address: 633 Umatilla Blvd. Umatilla, FL 32784

Palmer Lake Website: <https://www.palmerlakerecovery.com/resources/lgbtq/>

Palmer Lake Phone: (844) 877-6956

Palmer Lake Address: 443 S. Hwy 105. Palmer Lake, CO 80133

It Gets Better Project

The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.

Website: <https://itgetsbetter.org/>

Boca Recovery Center

Substance use disorders affect a higher percent of the LGBTQ+ community compared to the general population, according to the Substance Abuse and Mental Health Services Administration.

24/7 Helpline: 800-516-4357 or <https://bocarecoverycenter.com/>

Website: <https://bocarecoverycenter.com/addiction/lgbtq-substance-abuse-guide/>

Important LGBTQ Resources for Addiction and Mental Health

A medically reviewed list of LGBTQ addiction and mental health organizations, and community allies. The list includes free hotlines, suicide prevention support and services, youth organizations, and online mental health and addiction resources.

Website: <https://www.rehab.com/specialty/lgbtq>

Kentucky Detox Centers

If you or someone close to you are ready to begin your recovery, Kentucky detox centers offer the care you need to achieve a drug- and alcohol-free state before entering formal, structured rehab.

Phone: 800-483-2193

Website: <https://www.detox.com/local/kentucky/>

Equality and Fairness Resources

Equality Cincinnati

Independent local organization working towards full equality for LGBT people in Greater Cincinnati and to prevent discrimination and violence based on sexual orientation and gender identity.

E-mail: mjaym@aol.com

Facebook: [Equality Cincinnati](#)

Kentucky Fairness Campaign

2263 Frankfort Avenue, Louisville, KY 40206

Phone: (502) 893-0788

Website: Fairness@Fairness.org

Facebook: www.facebook.com/FairnessCampaign

Twitter: twitter.com/FairnessCamp

Northern Kentucky Commission on Human Rights

The Kentucky Commission on Human Rights enforces the Kentucky Civil Rights Act and the U.S. Civil Rights Act. 636 Madison Avenue, Suite 401

Covington, KY 41011-242

Phone: (859) 292-2935

Website: <http://www.kchr.ky.gov/>

Equality Ohio

Ohio's largest LGBTQ advocacy organization

61 Jefferson Ave

Columbus, OH 43215

Phone: (614) 224-0400

Website: www.equalityohio.org

Facebook: Equality Ohio

Ohio Commission on Civil Rights

Cincinnati- Satellite Office

Norman Gibson, Regional Director

7162 Reading Road, Suite 606

Cincinnati, OH 45237

Phone: (513) 351-2541

Website: <https://crc.ohio.gov/>

Love Must Win

LMW helps spread love and acceptance to people by providing a safe haven for all.

Address: 187 Pavilion Pkwy, #244, Newport, KY 41071

Phone: (859) 903-5428

Website: <https://www.lovemustwin.org/>

Email: help@lovemustwin.org

Human Rights Campaign

Website: <https://www.hrc.org/>

National LGBTQ Task Force

The Task Force's Advocacy and Action team identifies and takes action on advocacy opportunities to advance full freedom, justice, equality AND equity for LGBTQ people.

Website: <https://www.thetaskforce.org/>

American Civil Liberties Union

The ACLU works to ensure that lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights, personal autonomy, and freedom of expression and association.

Website: <https://www.aclu.org/issues/lgbtq-rights>

GLAAD

GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.

Website: <https://www.glaad.org/>

GLAD Legal Advocates and Defenders

Website: <https://www.glad.org/>

Email: gladlaw@glad.org

Phone: (617) 426-1350

Outright International

Together, for better LGBTIQ lives. Outright.

Website: <https://outrightinternational.org/>

Email: comms@outrightinternational.org

Phone: (212) 430-6054

NKY Pride Center

The NKY Pride Center's mission is to advance LGBTQ+ equity and inclusion efforts in the region by meeting the needs for community-based services and programs for LGBTQ+ Northern Kentuckians.

Address: 230 W. Pike St. Covington, KY 41011

Website: <https://nkypridecenter.org/>

Email: bonnie@nkypridecenter.org

COMMUNITY RESOURCES

View their website here: <https://inside.nku.edu/ucap/community-resource-guide.html>

CAMPUS RESOURCES

View their website here: <https://inside.nku.edu/alps/getting-started/campus-resources.html>

FAITH RESOURCES

The Northern Kentucky and Cincinnati areas are home to many friendly and affirming institutions of faith for LGBTQ individuals, families, and allies. The places listed below have shown intentional inclusivity, and we invite you to explore their websites or email their faith leaders prior to attending a service if you have questions.

Churches

Clifton United Methodist Church

Pastor David Meredith

3416 Clifton Avenue Cincinnati, Oh 45220

Call Us: (513) 961-2998

<https://www.cliftonumc.com>

Our Lady of Peace - Ohio Orthodox Catholic Church

Bishop Charles Smith

119 Woche Ave off of River Rd near Anderson Ferry OHIO

<https://www.ohioocc.org/olp/join.html>

St. John Church United Church of Christ

Pastor Keith Haithcock

Bellevue KY

<https://stjohnchurch.net>

Gloria Dei Lutheran Church

Pastor Vicki Garber
Crestview Hills, KY
<https://gloriadei-nky.org>

St. Paul's Episcopal Church
Rev Matthew Young
Newport KY
<https://www.stpaulsnewport.org>

Trinity Episcopal Church
Rev Peter D'Angio
Covington KY
<https://www.trinitychurchcovky.com>

First Christian Church (Disciples of Christ)
Pastor Dexter Simpson
Covington KY
<https://firstchristiancovington.org>

Pilgrim United Church of Christ
Rev David Bucey
Cincinnati OH
www.pilgrim-ucc.org

Philippus United Church of Christ
Minister Sam Wyatt
106 W. McMicken Avenue
Cincinnati, Ohio 45202-4916
<https://www.philippusucc.org/>

All Saints Episcopal Church
Rev. Meredith Day Hearn
6301 Parkman Place, Cincinnati, OH 45213
(513) 531-6333
clergy@allsaintscincinnati.org
<https://www.allsaintscincinnati.org/>

The Community of the Good Shepherd: A Catholic Parish
Bishop Joe Binzer
8815 East Kemper Rd, Cincinnati, OH 45249
(513) 489-8815
gs.info@good-shepherd.org
<https://good-shepherd.org/>

LOVEboldly, Inc.

30 E. College Ave, Ste A, Westerville, OH 43081

(859) 904-8056

<https://www.loveboldly.net/>

admin@loveboldly.net

Bellarmino Chapel

Pastor Eric Sundrup, S.J.

3801 St. Francis Xavier Way, Cincinnati, OH 45207

(513) 745-3398

<https://bellarminechapel.org/social-mission/building-a-bridge/>

Dharma Centers

Buddhist Dharma Center of Cincinnati

Cincinnati, OH

<https://www.cincinnatiidharma.org/>

Synagogues

Temple Shalom

Rabbi Miriam Terlinchamp

Cincinnati OH

<https://templesholom.net>

PLEASE NOTE: This is not a comprehensive list. We recognize this list is predominately Christian, and it is our hope that we will be able to add mosques, temples, and other religious institutions and groups as we become aware of inclusivity within these places of faith. If you have a positive experience at a place of faith and would like it added to our list, please email lgbtq@nku.edu.