**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 LGBTQQA+ 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](https://inside.nku.edu/flexhousing)

**Title IX**

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

**GLSEN**

Advocacy in schools for LGBTQ students.  
Website: [https://www.glsen.org/](https://www.glsen.org/)  
E-mail: info@glseancincinnati.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@pflagcincinnati.org  
Website: [https://www.pflagcincinnati.org/about_us](https://www.pflagcincinnati.org/about_us)

**Q Chat Space**

Online discussion groups for LGBTQA+ teens (13-19) facilitated by staff from LGBTQA+ groups across the country.  
Address: PO Box 24490, Fort Lauderdale, FL 33307  
Phone: (954) 765-6024  
Website: [https://www.qchatspace.org/](https://www.qchatspace.org/)

**The Trevor Project**

Website: [https://www.thetrevorproject.org](https://www.thetrevorproject.org)

**Trevor Space**

An online support group through the Trevor Project for ages 13-24.  
Website: [https://www.trevorspace.org/](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 of 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/

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 LGBTQA+ 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/](https://equitashealth.com/)

**Human Rights Campaign**

Resources for LGBTQ+ Patients; detailed information on receiving healthcare as an LGBTQA+ individual: [https://www.hrc.org/resources/patient-resources](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](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](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](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/](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/](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:


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**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.pierrcc.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 Wocher 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

Bellarmine 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.cincinnatidharma.org/

Synagogues
Temple Sholom
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.