

# RESOURCES FOR LGBTQIA+ STUDENTS

## PODCASTS

Top LGBTQ+ podcast [tinyurl.com/toplgbtqpodcasts](https://tinyurl.com/toplgbtqpodcasts)

Best LGBTQ+ podcasts [tinyurl.com/bestlgbtqpodcasts](https://tinyurl.com/bestlgbtqpodcasts)

## BOOKS

Black and Queer on Campus (2023) by Michael P. Jeffries [tinyurl.com/bookblackqueeroncampus](https://tinyurl.com/bookblackqueeroncampus)

Headcase: LGBTQ Writers & Artists on Mental Health and Wellness (2019) edited by Stephanie Schroeder and Teresa Theophano [tinyurl.com/headcasebook](https://tinyurl.com/headcasebook)

7 essential books on LGBTQ+ mental health [tinyurl.com/lgbtqmentalhealthbooks](https://tinyurl.com/lgbtqmentalhealthbooks)

## FILMS

Fourteen great LGBTQ films (Buzzfeed) [tinyurl.com/14lgbtqfilms](https://tinyurl.com/14lgbtqfilms)

Netflix's best LGBTQ+ films (Indiewire) [tinyurl.com/bestlgbtqfilmsnetflix](https://tinyurl.com/bestlgbtqfilmsnetflix)

## MENTAL HEALTH RESOURCES

Ramapo Counseling Center [ramapo.edu/counseling/](https://ramapo.edu/counseling/) : Resources for mental health support

Suicide and Crisis Lifeline [988lifeline.org/](https://988lifeline.org/) : Support for people in suicidal crisis or emotional distress

UWill [ramapo.edu/counseling/uwill](https://ramapo.edu/counseling/uwill) : Free access to telehealth services for all Ramapo students

JED foundation [jedfoundation.org](https://jedfoundation.org) : Empowers young adults and encourages help-seeking

Campus Pride [campuspride.org](https://campuspride.org) : Represents the leading national nonprofit organization for student leaders and campus groups working to create a safer college environment for LGBTQ students

The Trevor Project [thetrevorproject.org](https://thetrevorproject.org) : Mission is to end suicide among LGBTQ young people

PFLAG [pflag.org/](https://pflag.org/) : The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them

## FINDING AN LGBTQIA+ THERAPIST

How to find the right therapist if you're LGBTQ+ : [tinyurl.com/lgbtqhowtofindatherapist](https://tinyurl.com/lgbtqhowtofindatherapist)

Pride Counseling [pridecounseling.com/](https://pridecounseling.com/) : Professional therapy for the LGBTQ community. Communicate via phone, video, and messaging

## STATE AND LOCAL MENTAL HEALTH RESOURCES

NJ government and LGBTQ+ resources : [nj.gov/njyrs/lgbtq/](https://nj.gov/njyrs/lgbtq/)

NJ government and trans resources : [info.nj.gov/transgender](https://info.nj.gov/transgender)

New Bridge Health [tinyurl.com/newbridgelgbtq](https://tinyurl.com/newbridgelgbtq) : Offers comprehensive inclusive health care for the LGBTQ+ community:

West Bergen's Rainbow Resources Program [tinyurl.com/westbergenlgbtq](https://tinyurl.com/westbergenlgbtq) : Strives to help members of the LGBTQ community enrich their lives through services and programs that support growth and enhance understanding:

Bergen County LGBTQ+ Alliance Youth Services [tinyurl.com/bergencountylgbtqservices](https://tinyurl.com/bergencountylgbtqservices) : Provides education, support, resources, and services for young people in the Bergen County area

Bergen County PFLAG : [bergenpflag.com/](https://bergenpflag.com/) : PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them

## ADVOCACY

Garden State Equality [gardenstateequality.org/](https://gardenstateequality.org/) : New Jersey's largest LGBTQ advocacy and education organization with a mission to provide quality, innovative community programs, educate and train service providers, and pass pro-equality policies to protect and meet the needs of LGBTQ New Jerseyans:

GLAAD (Gay & Lesbian Alliance Against Defamation) [glaad.org/](https://glaad.org/) : A national non-governmental media monitoring organization

The Human Rights Campaign [hrc.org/](https://hrc.org/) : The nation's largest civil rights organization working to achieve LGBTQ+ equality:

## RAMAPO OFFICES

The Women's Center and LGBTQ+ Services [ramapo.edu/womenscenter/](https://ramapo.edu/womenscenter/)

Trans@Ramapo [ramapo.edu/womenscenter/trans/](https://ramapo.edu/womenscenter/trans/)

Queer Peer Services [ramapo.edu/qps/](https://ramapo.edu/qps/)

Gender Inclusive Housing [ramapo.edu/womenscenter/gender-inclusive-housing/](https://ramapo.edu/womenscenter/gender-inclusive-housing/)

Ramapo Pride student organization [ramapo.edu/clubs/organization/ramapo-pride/](https://ramapo.edu/clubs/organization/ramapo-pride/)

Office of Equity, Diversity, Inclusion and Compliance (EDIC), D-104 [ramapo.edu/affirmation/](https://ramapo.edu/affirmation/)

\* To report bias-related incidents [ramapo.edu/affirmation/bias-related-complaint/](https://ramapo.edu/affirmation/bias-related-complaint/)

Center for Health and Counseling, D-216 [ramapo.edu/chcs/](https://ramapo.edu/chcs/): Mental health counseling, health services, health promotion, Substance Use Disorders Programming, ENHANCE Program, resources

Center for Student Involvement (CSI), SC-202 [ramapo.edu/csi/](https://ramapo.edu/csi/) : Student clubs and organizations

*\* To provide feedback and/or suggest other resources, email Counseling Services at [chcs@ramapo.edu](mailto:chcs@ramapo.edu)*