



## LGBTQ+ Support and Resources for Higher Education

The transition to college can be a particularly challenging time for many LGBTQ+ students. For many students, this is an opportunity to come out, which can be a stressful process that coincides with anxiety, depression, and rejection by their peers, family, and larger community.

Even if the student has come out prior to starting college, college is a key period when teenagers develop a stronger sense of identity as they adjust to more independent living and become more involved in a larger community. This means it is a particularly loaded time period for development and mental health.

We often think of colleges and universities as places of acceptance, diversity, and inclusion. But this is not always the case, and diversity does not equal safety. LGBTQ+ students frequently report verbal or sexual harassment, fears for their physical safety, mental health concerns, low self-esteem, and academic challenges.<sup>1</sup>

To help support teenagers and higher edu students, we've put together a list of effective and impactful resources that can help. These resources are aimed both at college students and higher education employees that can help support LGBTQ+ students.

### Mental Health Resources for LGBTQ+ College Students

- [The Trevor Project](#)—a crisis line for LGBTQ+ young adults.
- [Trans Lifeline](#)—a non-profit organization offering direct emotional and financial support to trans people in crisis.
- [National Queer and Trans Therapists of Color Network](#)—healing justice org committed to transforming mental health for queer & trans people of color (QTPoC).
- [Mental Health Fund for Queer and Trans People of Color](#)—provides financial support for QTPoC to increase access to mental health support.



## General LGBTQ+ Resources for College Students

- [Scholarship Database- Human Rights Campaign](#)—a list of scholarships, fellowships and grants for LGBTQ+ and allied students at both the undergraduate and graduate-level.
- [The Gay-Straight Alliance \(GSA\)](#)—GSA is a unique non-profit group that brings together LGBTQ and straight students with the common interest of creating a campus that is safe, open minded and free of bigotry.
- [Gay, Lesbian, and Straight Education Network \(GLSEN\)](#)—GLSEN is a group that works with students, teachers, and administrators to create campus environments where LGBTQ students feel safe.
- [Trans Student Educational Resources \(TSER\)](#)—A non-profit organization that is run by students, this group puts its effort into making more school environments trans-friendly.
- [The Campus Pride Index](#)—a free online tool allowing those interested in higher education to search a database of LGBTQ-friendly campuses.
- [The Campus LGBTQ Centers Directory](#)—a project to document staffed campus resources regarding sexual orientation and gender identity and to provide LGBTQ resources in higher education.
- [AMSA Gender & Sexuality Action Committee](#)—a group dedicated to combating sexism and heterosexism, and to assuring equal access to medical care and equality within medical education.

## Resources for LGBTQ+ Higher Education Employees

- [Gay, Lesbian, and Straight Education Network \(GLSEN\) for Educators](#)—GLSEN is a group that works with students, teachers, and administrators to create campus environments where LGBTQ students feel safe.
- [LGBTinHigherEd.com](#)—a job board for helping LGBTQ+ job seekers connect with employers who are seeking diverse and qualified candidates.
- [The Consortium of Higher Education LGBT Resource Professionals](#)—a member-based organization that supports people of diverse sexual orientations and gender identities, as well as advocates for more inclusive policies and practices through an intersectional and racial justice framework.
- [LGBTQArchitect](#)—a grass-roots project designed to provide immediately usable information and resources for creating and improving programs which support LGBTQ+ people on college and university campuses.
- [SafeZone](#)—a website offering free online resources and training workshops to help teachers make a campus safe for LGBTQ people.

## References

1. <https://www.mghclaycenter.org/parenting-concerns/young-adults/lgbtq-students-in-college>