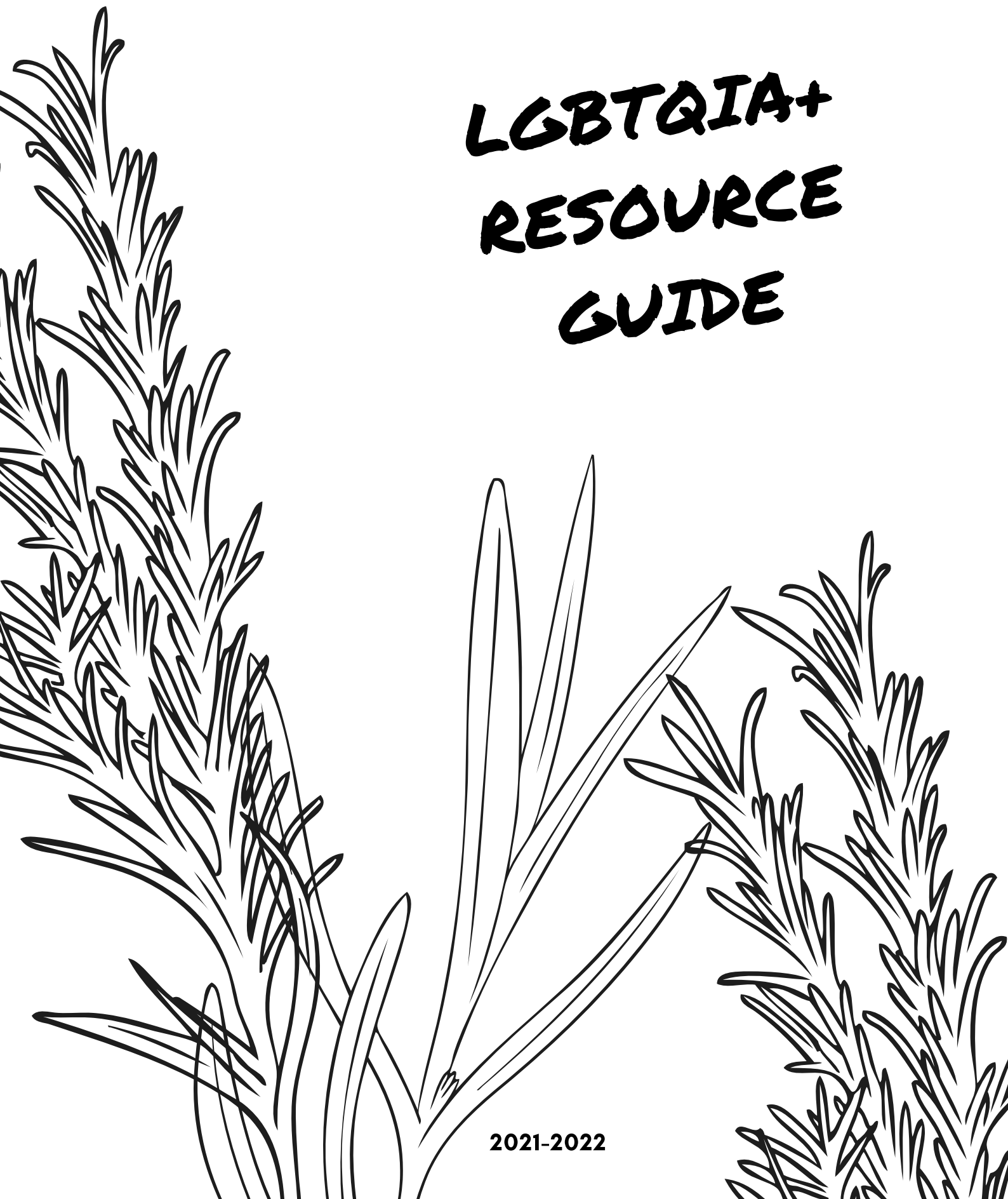


LGBTQIA+ RESOURCE GUIDE



2021-2022



LOCAL PROGRAMS

QUEERTALK BOOK CLUB

Alternating Sundays on Zoom, 1:30-2:30 p.m. See the Middle Way House Facebook page or contact prevention@middlewayhouse.net for the latest information, or register at <https://tinyurl.com/QTalk2021>.




GAYME NIGHT

Once per month at the Monroe County Public Library auditorium. A space for LGBTQIA+ folks to have fun and make supportive friends. Contact prevention@middlewayhouse.net or check our Facebook page for the latest information.

QUEER PEER ADVOCACY (SUPPORT GROUP)

A twice-monthly support group for LGBTQIA+ people who have experienced violence to build care-skills and safety-nets together. For folks who experience multiple marginalizations - centering queer folks who also identify as poor/working class, BIPOC, disabled, chronically ill, and/or neurodivergent. To learn more or to schedule an intake conversation, please email prevention@middlewayhouse.net.



KALEIDOSCOPE YOUTH-LED LGBTQIA+ COMMUNITY

If you are an LGBTQ+ or Allied Youth ages 12-20 in Bloomington and surrounding areas and want to join us on Discord, send us a direct message (DM) or email us at KaleidoscopeYouthCommunity@gmail.com

EMOTIONAL AND PHYSICAL SAFETY APPS, CHATS, + NUMBERS

MYPLAN APP

[myPlanapp.org](https://myplanapp.org)

A tool to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship. It's lockable and has quizzes for you to take to build a personalized safety plan.

MYLIFE

<https://my.life/>

Answer questions about your mood and current feelings for suggestions of guided meditations. Many free options.

MINDSHIFT CBT

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

MIDDLE WAY HOUSE HELP AND CRISIS LINE (24/7)

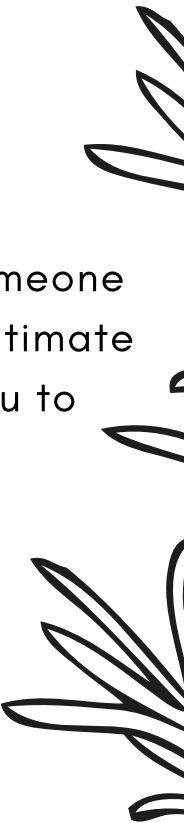
[1-812-336-0846](tel:1-812-336-0846)

Confidential advocacy and resources for people affected by domestic violence, sexual violence, and/or human trafficking. MWH will listen. If you want, MWH will offer referrals and help to make a safety plan.

MIDDLE WAY HOUSE HELP AND CRISIS CHAT

<https://www.resourceconnect.com/mwh/chat>

A messaging version of the MWH talkline. There is an escape button, and your device keeps no record of the chat.





**LGBT
NATIONAL
HELP CENTER**

<http://www.glbtnationalhelpcenter.org/>

Free and confidential peer-support and local resources. Hotline: 1-888-843-4564. Youth Talkline (through age 25): 1-800-246-7743. Senior Hotline (age 50 and up): 1-888-234-7243

**THE
FIREWEED
COLLECTIVE**

<https://fireweedcollective.org/crisis-toolkit/>

Fireweed has one of the best Crisis toolkits put together by people who actually experience crisis. They have resources available on their website including self-care information, online peer support spaces, and crisis toolkits. Mapping Our Madness is a safety plan you can use to navigate crisis, extreme states of distress, or foul moods.



**STRONG
HEARTS
NATIVE
HELPLINE**

1-844-7NATIVE or chat online:


<https://strongheartshelpline.org/>

Confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally-appropriate support and advocacy.

**TRANS
LIFELINE**

1-877-565-8860

Trans Lifeline is a grassroots hotline and microgrants organizations offering direct emotional and financial support to trans people in crisis - for the trans community, by the trans community.



**TREVOR
LINE
(24/7)**

1-866-488-7386 or text "START" to 678678

Counselors who support LGBTQ+ youth in crisis, who are feeling suicidal, or who are in need of a safe and judgement-free place to talk. This resource offers 24/7 digital services for those experiencing hearing impairments.

**SAGE
NATIONAL
LGBT
ELDER
HOTLINE**

1-877-360-LGBT (5428)

Connects LGBT older people who want to talk with friendly responders who are ready to listen.

**NATIONAL
SUICIDE
PREVENTION
LIFELINE
(24/7)**

1-800-273-8255

Confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Online chat services and TTY is available. This resource also has a 24/7 hotline for Spanish speakers: 1-888-628-9454.

**NATIONAL
CRISIS
TEXT LINE
(24/7)**

Text "HOME" to 741741

Connect with a volunteer trained to bring you from a hot moment to a cool calm through active listening and collaborative problem solving.

**NATIONAL
RUNAWAY
SAFELINE
(24/7)**

1-800-RUNAWAY or text 66008

Help for all youth that are being bullied, have been thrown out, or just want to discuss their experiences. Translation services are available 24/7 for the crisis line.

**LOVE IS
RESPECT
(24/7)**

1-866-331-9474 or text "LOVEIS" to 22522

Talkline for youth affected by dating or sexual violence. They also have an online safety plan available at www.loveisrespect.org under the resources tab.



LEGAL RESOURCES

MIDDLE WAY HOUSE LEGAL SERVICES

1-812-336-0846

All ages legal services. For help because of dating abuse, domestic violence, stalking, sexual assault, and human trafficking. For technology and cyber abuse questions, ask for Heather or email heather@middlewayhouse.org.

NATIONAL CENTER FOR TRANS- GENDER EQUALITY

<https://transequality.org/>

Self-help guides on health coverage, ID documents, and legal services. Know your rights resources

INDIANA ACLU LGBTQ RIGHTS PROJECT

<https://www.aclu-in.org/en/issues/lgbtq-rights-project>

Defends the rights of people in the LGBTQ community. Works to update the state human rights law to include gender and sexuality

GLAD LEGAL ADVOCATES AND DEFENDERS

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

Know your rights information. Lawyer referrals. For LGBTQ people and those living with AIDS.

SEXUAL HEALTH RESOURCES

1-812-349-7343

FUTURES FAMILY PLANNING

STI testing and treatment; pap, breast, and pelvic exams; health education; birth control; pregnancy testing and referrals. For adolescents and adults. Accepts insurance, including Medicaid. Sliding scale- most services free to those who make less than 30k. Does not require parent consent. Free condoms.

Note: If travel to Bloomington/Futures Family Planning is not easy, we recommend rural transit:

<https://area10agency.org/ruraltransit/>

Schedule public transportation rides throughout Monroe, Owen, Putnam and Lawrence Counties. \$3 per trip.

ASK ROO

<https://www.plannedparenthood.org/learn/roo-sexual-health-chatbot>

A sexual health chatbot to answer all your questions about sexual health, relationships, bodies, growing up, and more. Chatting with Roo is free and private. Designed for ages 13-19.

SCARLETEEN [Scarleteen.com](https://www.scarleteen.com)

Offers inclusive, comprehensive, supportive sexuality and relationship info for teens. They have a safe search engine on their website that you can use to ask questions about sexual health and get filtered, accurate information.

SAFE PLACES

YOUTH SERVICES BUREAU



Youth Service Bureau operates the Safe Place program, emergency youth shelter (ages 8-17) at 615 South Adams St., and counseling services. If you are in crisis and need immediate help, you can call them at 812-349-2507. You can go to any business with a Safe Place sign and ask for help to access services.

MIDDLE WAY HOUSE

Middle Way House helps people affected by domestic violence, sexual assault, and human trafficking. If you and a parent or guardian need to flee together, our shelter has family rooms so you can stay together. Call for an intake at 812-336-0846. Youth can call the crisis/helpline at 812-336-0846 and/or walk in to speak with an advocate. Youth can also access legal services.

STEPPING STONES

Stepping Stones serves youth ages 16-20 years old who are experiencing homelessness. They provide transitional housing and independent living via furnished apartments that youth can live in for up to two years. Apply online at centerstone.org/becoming-a-resident/ or call 812-339-9771.

SUPPORTING EACH OTHER IN THE TIME OF COVID



You might be the first or only person a friend or loved one reaches out to if they are experiencing violence. If you suspect a friend, family member or co-worker is in an abusive relationship, you can do your part by starting a conversation, offering non-judgmental support and suggesting ways to get help (such as recommending hotlines or safety planning resources in this guide).

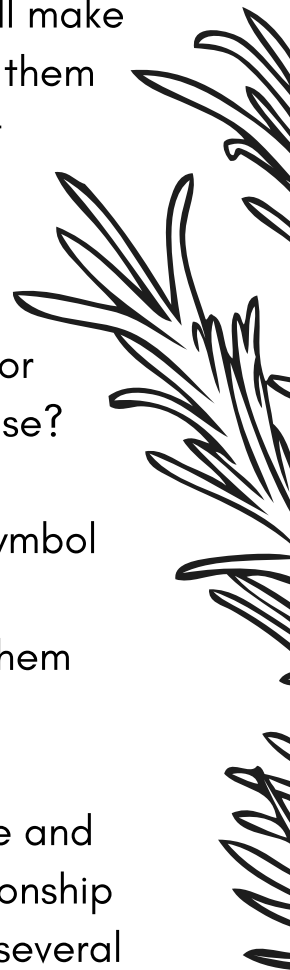
It is important to let your friend or loved one take the lead, and not to pressure them to make decisions. We know that for some people it will make sense to separate from the relationship, and for others, it will not. Let them know you'll be there to help them figure out the best strategies to get through this safely.

To start this conversation, ask them how they would prefer to safely connect: Figure out which communication method will be the safest for them. For instance, is there a specific messaging app they prefer to use?

Stay in touch and be creative: think together about a code word or symbol that would trigger a call from you or to the police. Keep the lines of communication open without directly asking about violence, and let them know you are available to talk and help.

Be supportive and believe them. Reassure them that they're not alone and that there is help out there. Understand that leaving an abusive relationship is emotionally complicated and confusing. They will likely experience several fluctuations in motivation to leave.

Text adapted from ICADV COVID-19 Recommendations.





A SAFETY PLAN

Adapted from loveisrespect.org



STAYING SAFE AT SCHOOL OR WORK

The safest way for me to get to and from school or work is: _____

If I need to leave school or work in an emergency, I can get home safely by: _____

I can make sure that a friend can walk with me between spaces. I will ask: _____ and/or _____ and/or _____

I will eat lunch and spend free periods in an area where there are staff nearby. These are some areas at school or work where I feel safest:

_____ and _____



STAYING SAFE AT HOME


I can tell this family member if something unhealthy or hurtful is going on in my relationship or friendships: _____

There may be times when no one else is home. During those times, I can have people stay with me. I will ask: _____ and/or _____

The safest way for me to leave my house in an emergency is: _____

If I have to leave in an emergency, I want to go to a place that is public, safe, and unknown by whoever is hurting me. I could go here:

_____ or _____ or _____



I will use a code word so I can alert my family, friends and neighbors to call for help without my abusive partner (or whoever is hurting me) knowing about it. My code word is: _____

A SAFETY PLAN (CONT.)

STAYING SAFE EMOTIONALLY

My abusive partner/friend/family member often tries to make me feel bad about myself by saying or doing this: _____

When they do that, I will think of these reasons why I know they are wrong:

_____,
_____,
and _____.

I will do things I enjoy, such as: _____,
_____,
and _____.

I will join clubs or organizations that interest me, such as:
_____ or _____

IDENTIFYING RESOURCES AND SUPPORTERS

If I feel down, depressed or scared, I can call on the following friends or family members (include name and phone number):

1. _____
2. _____
3. _____

During an emergency, I can call the following friends or family members at any time of day or night:

1. _____
2. _____
3. _____

If I need support/resources outside my family and friends, the hotlines I might use are: _____ or _____

5 THINGS YOU CAN SAY TO A FRIEND WHO HAS EXPERIENCED HARM



"I believe you."

Oftentimes people do not believe survivors when they talk about harm they have experienced. Letting your friend know you believe them is very important and impactful.



"It is not your fault."

Sometimes people who have experienced harm are blamed by others, or blame themselves. It is important to remind your friend that nothing they could ever do would make them deserve violence or harm.



"I am here for you"

Let your friend know that you are a safety net they can rely on if they need it.



"Do you want to make a safety plan?"

Ask your friend if they want to make a safety plan with you. Come up with ideas for where you could go, who you could call, or what you could do in an unsafe setting.



"What do you want to do from here?"

In order to make sure your friend still gets to make choices for themselves, ask them what they want to do. Whether that be making a report, or calling a help-line, the choice is in their hands.



A United Way Agency



Developed and funded through a collaboration between Middle Way House's Prevention Program and Youth Services Bureau of Monroe County

For updates or questions, contact Middle Way House's Prevention Program Coordinator at prevention@middlewayhouse.org

www.MiddleWayHouse.org
24/7 Help & Crisis Line: **812-336-0846**