

## Counseling Resources

Northern Nevada HOPES (Primary Care)

Kim Nichols 775-786-4673

[www.nnhopes.org](http://www.nnhopes.org)

Tori Clark, Ph.D. MFT

775-843-9593

<http://www.toryclark.com>

Elizabeth Dear, MFT

775-348-4696

<http://www.beyondcbt.com>

Jennifer Dustin MA, MFT, CADC

775-560-0397

Jacqueline Kleinedler, MA MFT, LCADC

775-329-4582 Ext 9#

Mary Minten MA, MFT, DAACS, LCADC

775-329-4582 Ext 8#

<http://www.marymintencounseling.com>

Judy Phoenix, Ph.D. Clinical Psychologist

775-322-5055 (assessment only)

Allan C. Ritchie, Ph.D., MFT

775-225-3412

Meri L. Shadley, Ph.D., MFT, LCADC

775-329-4582

\*Transgender Family Support Group

(1st Saturday of the month)

Call Elizabeth 775-825-5776 to enroll

\*Transgender Emergence –A Therapeutic Adolescent Group (Tuesday evenings)

Call Brinn 775-813-3224 or

Kelly 775-720-7331



Being brave doesn't mean that you're not scared. It means that if you are scared, you do the thing you're afraid of anyway.

Coming out and living openly as a lesbian, gay, bisexual, transgender or supportive straight person is an act of bravery and authenticity.

Whether it's for the first time ever, or for the first time today, coming out may be the most important thing you will do all day.

Talk about it.

<http://www.hrc.org/resources/entry/>

Information on WCSD Board Policy 9201 -

Bullying, Harassment and Discrimination and WCSD Board Policy 9031 Safe and Respectful Learning Environment, the associated administrative regulations and procedures set forth therein can be found at:

<http://www.washoeschools.net/site/Default.aspx?>



SUPPORTING LGBTQ  
YOUTH IN OUR  
COMMUNITY

A quick reference guide provided by the WCSD Counseling Department. For more LGBTQ information or resources contact your school counselor today!



## Community Support Groups



PFLAG promotes the health and well-being of lesbian, gay, bisexual and transgender persons, their families and friends through: **support**, to cope with an adverse society; **education**, to enlighten an ill-informed public; and **advocacy**, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

[www.pflaggrenosparks.org](http://www.pflaggrenosparks.org)



TAG is a network of allies providing education, resources, counseling and advocacy and support of transgender individuals and families in order to ensure equality, integration, and an exceptional quality of life for all people in Northern Nevada.

[www.transgenderalliesgroup.org](http://www.transgenderalliesgroup.org)



ing to Build, Connect, and Strengthen community and its support for LGBTQIA issues in Northern Nevada, with the goal of building a community center.

•We dream of creating a safe and supportive space and environment where people of all ages and backgrounds can come together under one roof for cultural, educational, health, social, and wellness programs.

[www.buildourcenter.org](http://www.buildourcenter.org)



Talk to the administrator or school counselor about the current GSA at your school or starting a GSA at your school site today! GSA are federally protected clubs under The Equal Access Act.

## Online Resources

The Trans Youth Family Allies empowers young people and their families through support education, and outreach about gender identity and expression.



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

The Gay-Straight Alliance (GSA) is a student run club, typically in a high school or middle school, which provides a safe place for students to meet, support each other, talk about issues related to sexual orientation and gender identity and expression, and work to end homophobia



[www.gsanetwork.org](http://www.gsanetwork.org)

The Gay Lesbian & Straight Education Network (GLSEN) mission is to ensure that every member of every school community is valued and respected regardless of sexual orientation, gender identity and gender expression.



[www.glsen.org](http://www.glsen.org)

[www.safespace.glsen.org](http://www.safespace.glsen.org)

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for children of all ages.



<http://www.genderspectrum.org>

## Crisis & Suicide Prevention Resources

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.



[www.thetrevorproject.org](http://www.thetrevorproject.org)

866-4-U-TREVOR



Safe Place is an outreach and prevention program for young people in need of immediate help and safety. As a community initiative, the program designates schools, fire stations, libraries and youth-friendly businesses as Safe Place sites where youth can access help and supportive resources. Safe Place locations extend the doors of the local youth service agency or shelter to support teens in crisis situations, creating a safety net for youth.

<http://www.childrenscabinet.org/family-youth/youth-programs/safe-place/>

1-800-536-4588

Crisis Call Center's 24-hour crisis line often serves as the first point of contact for individuals who are seeking help, support, and information. Crisis can affect anyone at any time. The need for emotional support or referral assistance is something most individuals encounter at some point in their lives.



Call 775-784-8090  
Text "ANSWER" to 839863

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

