LGBTQIA and Gender Identification Guide

Greater New Brunswick and Middlesex County

Help Lines

Crisis Text Line
Text with a trained counselor for free 24/7.
Text TALK to 741741
Website: https://www.crisistextline.org/

Garden State Equality
New Jersey's largest LGBTQIA advocacy and education organization providing programs for seniors, adults, and youth including an anti-bullying helpline, which is open to anyone.
Phone: 973-509-5428
Website: https://www.gardenstateequality.org

LGBT National Help Center
The LGBT National Help Center, provides peer-support, community connections and resource information to the LGBTQIA community with coming-out, safer-sex, school bullying, family concerns, relationship problems, and other issues.
LGBT National Hotline: 888-843-4564
LGBT National Youth Talkline: 800-246-7743
LGBT National Senior Hotline: 888-234-7243
Access Chat at: https://www.glbthotline.org

National Suicide Prevention Lifeline
Phone: 800-273-8255

Trans Lifeline
Trans Lifeline offers direct emotional and financial support to trans people in crisis by trans people.
Hotline: 877-565-8860
Website: https://www.translifeline.org

Trevor Project
Crisis intervention for LGBTQ young people under 25
Phone: 866-488-7386
Text: START to 678678
Access Chat: https://www.thetrevorproject.org/get-help-now/

Glossary

Cisgender - term for someone who identifies as their sex assigned at birth.

Gender expression / presentation- External appearance of one's gender identity usually expressed through behavior, clothing, haircut or voice, etc.

Gender identity - innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves.

Intersex - is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male

LGBTQIA - lesbian, gay, bisexual, transgender, queer or questioning, intersex, and asexual or allied

Sex assigned at birth - label that you're given at birth based on medical factors, including your hormones, chromosomes, and genitals

Sexual Orientation - emotional, romantic or sexual attraction to certain type of people

Transgender - An umbrella term for people whose gender identity differs from the sex they were assigned at birth.

Transition - A person's process of developing and assuming a gender expression to match their gender identity

Transsexual - indicates a difference between one's gender identity and sex assigned at birth.

IN CASE OF EMERGENCY PHONE: 911

Support Services

GLMA
GLMA is a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, queer and all sexual and gender minority individuals, and equality for LGBTQIA health professionals in their work and learning environments. Website includes access to a provider directory.
Website: http://www.glma.org/index.cfm?nodeid=1

Pride Center of New Jersey
The Pride Center of New Jersey provides comprehensive programming which fosters the health and well-being of the lesbian, gay, bisexual, transgender, intersex and questioning community. The Center increases public acceptance and champions social change for the LGBTQIA community through education, outreach, and support groups.
Additional Languages: ES
Phone number: 732-846-2232
General website: https://www.pridecenter.org
Support: https://www.pridecenter.org/support-groups.html

Language Directory:
ES = Spanish

Counseling Services

Center for Great Expectations Roots to Recovery Outpatient Services
This program provides personalized, care specializing in treatment based on one's gender identification with substance use and or co-occurring disorders, has a strong emphasis on trauma informed care. The program is uniquely focused on serving underserved populations, providing bilingual treatment as well as a welcoming environment for the LGBTQIA community.
Phone: 732-993-6403
Website: https://www.cge-nj.org/programs/roots-to-recovery-outpatient/

Immigration Assistance

Immigration Equality
Immigration Equality is the nation's leading LGBTQ immigrant rights organization and represents and advocates for people from around the world fleeing violence, abuse, and persecution because of their sexual orientation, gender identity, or HIV status.
Additional Languages: ES option on website
Legal Emergency National Hotline:
Phone: 212-714-2904
Website: https://www.immigrationequality.org



Additional Resources

Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

LGBTQ Suicide Prevention Resources found at American Foundation for Suicide Prevention website https://afsp.org/lgbtq-suicide-and-suicide-risk

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RUTGERS Robert Wood Johnson Medical School

Healthier Middlesex Working Together

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