

LGBTQ+ Resources

Student Resources:

On-Campus Resources –

- [Spectrum Club](#)
A safe, nonjudgmental environment for people of all sexual and gender identities: Spectrum is an organization for bisexual, pansexual, gay, lesbian, transgender, asexual, questioning students, and their allies. Meetings are open to all. Come support and be supported!
- [Counseling and Psychological Services for Students](#)
University of Hartford's Counseling and Psychological Services (CAPS) provides a range of short-term counseling and psychological services to the University community. Services are available to full-time undergraduate students at no additional cost. Part-time and graduate students may utilize CAPS services for a nominal fee.
- [UHart Health Services](#)
UHart's Student Health Services is proud to partner with Hartford HealthCare to help students feel their best.
- [Office of Student Engagement and Inclusion](#)
The Office of Student Engagement and Inclusion is a place that connects the student directly and succinctly to the student experience. Grounded in foundational Pillars of Diversity, Equity, and Inclusion, Leadership Development, and Service Excellence, this office has created opportunities and experiences that will allow all students to develop as leaders, become engaged members of a diverse campus, and actively participate in a global society.
- [Office of Residential Life](#) (ORL)
The residence halls are your UHart home. Housing options include single and double rooms, as well as housing not designated by gender (with single-use restrooms) and housing designated by gender (with multi-fixture restrooms). Students can also request to be part of a Living Learning Community. Contact the ORL with questions or for more information.

Off- Campus Resources

- [It Gets Better Project](#): An online resource for LGBTQ+ individuals to connect with each other
- [Campus Pride](#): Building safer, more LGBTQ+-friendly colleges and universities
- [The Trevor Project](#): Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25
- [Human Rights Campaign](#): Maps of LGBTQ+ state laws
- [GLAAD](#): Offers various resources for LGBTQ+ individuals
- [Hartford Gay and Lesbian Health Collective](#): Provides medical services, dental services, support groups, and health education for LGBTQ+ individuals

- [Planned Parenthood](#): Offers LGBTQ+ inclusive care
- [Center for Disease Control and Prevention](#): A resource for parents, schools, and more.
- [Transgender Care Listings](#): Allows individuals to search for various types of care providers and their locations

Staff/Faculty Resources:

- [LGBTQ+ Training: Creating an Inclusive Safe Community](#)
There will be a LGBTQ+ training on March 12th, 2021 from 12:00 to 2:00 pm for faculty and staff. The aim of this training is to advance the UHart's goal of a safer, more welcoming, and inclusive campus for members of the lesbian, gay, bisexual, transgender and queer (LGBTQ+) community in which everyone is treated with respect and dignity.
- [LGBTQ+ Affinity Group](#)
UHart's affinity groups are part of the University's strategic efforts to ensure an inclusive environment where employees experience a greater sense of belonging and engagement, and where all are empowered to succeed. Affinity groups are voluntary associations composed of faculty and staff and are formed around shared identities, purposes, and common interests.
- [Counseling and Psychological Services Resources for Staff/Faculty](#)
As a faculty or staff member, you are in an excellent position to recognize a student in distress. Your ability to understand the signs of emotional distress and your willingness to acknowledge your concerns directly with the student are key.

Parent Resources:

- [PFLAG](#)
PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.
- [The Trevor Project](#)
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. The Trevor Project offers a resource guide for friends and family.
- [UHart Counseling Services Resources for Parents](#)
University of Hartford's Office of Counseling & Psychological Services (CAPS) provides students with a wide range of short-term counseling and psychological services. These services include individual counseling, couples counseling, and group counseling.

Additional Resources:

- [16 Ways to be a Transgender Advocate and Ally](#)
- [National Center for Transgender Equality](#)
- [Understanding Pronouns](#)
- [LGBTQ+ Communities of Color](#)
- [10 Things You Can Do to be an Ally](#)