

### **Mental Health First Aid**

<https://www.mentalhealthfirstaid.org/cs/take-a-course/find-a-course/>

### **Applied Suicide Intervention Skills Training (ASIST)**

<https://www.livingworks.net/training-and-trainers/find-a-training-workshop/>

*Trainings to aid in interactions with people with mental health needs. Provided by County of Sacramento or faculty in Social Work Dept at Sac State.*

### **The PRIDE Center at Sacramento State**

#### **University**

University Union First Floor, CSUS  
(916) 278-8720

<http://www.csus.edu/pride/>

*Can help you troubleshoot issues and interactions with the LGBTQIA+ community.*

## **RESOURCES for Referrals**

### **COUNSELING & RESPITE CENTERS**

#### **Gender Health Center** (916)455-2391

2020 29th Street Sacramento, CA 95817

Respite Program: Mo 11a-5p, Th 3p-9p, Fr 3p-9p

*Sliding scale counseling services: \$5-\$60 per session, no one turned away for inability to pay.*

#### **HOPE Counseling Center** (916) 444-2170

1430 Alhambra Blvd, Sacramento, CA 95816

Hours: Mo - Fr 8a-9p

*Low-cost and sliding scale counseling services (upper end starts at \$90/session).*

#### **LGBT Center** (916) 442-0185

1927 L Street, Sacramento, CA 95811

Q-Spot, LGBT Youth Ages 13-23. Hours: Mo - Su 12p-6p.

Adult Respite, laundry, computer use, living room space. Hours: Tu, Sa 12p-5p.

#### **TLCS Respite Center** (916) 737-7483

<http://tlcsac.org/services>

*Acute mental health crisis. 23 hour stay, TLCS will come pick you up. TLCS staff are mandated reporters.*

#### **Trans Lifeline** (877) 565-8860

*24 Hours. Crisis and resource line for transgender and gender nonconforming people, staffed by trans and GNC volunteers.*

#### **Wind Youth Services**

3671 5th Ave Sacramento, CA 95820

(916) 561-4900

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

Emergency Shelter Number:

(800) 339-7177

(aged requirements 12-21)

### **HOUSING & SHELTER RESOURCES**

#### **Safeground**

1321 N C St, Sacramento

(916) 448-2448

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

#### **Pilgrimage**

<http://www.pilgrimagesac.org/#:!calendar/ueosj>

*Homeless overnight calendar*

# Be an LGBTQIA+ Advocate

*All it takes is some simple knowledge and a commitment to future actions.*

Help Lavender Library, Archives, and Cultural Exchange (LLACE) advocate for our community



As an organization that centers Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual (LGBTQIA) communities, we have a duty to advocate for our patrons. But we cannot do it alone! We would love your help in creating a safer community inside and outside of the Library space for our patrons and their loved ones using our three key principles:

- 1. Respect people's identities, names, and pronouns.**
- 2. Respond to health and economic needs with compassion and helpful (not harmful) resources.**
- 3. Educate yourself!**



For more information, please contact:  
Lavender Library, Archives, and Cultural Exchange

1414 21st Street, Sacramento

(916) 492-0558

[www.lavenderlibrary.com](http://www.lavenderlibrary.com)

If you were not already aware, here are some startling statistics about the LGBTQIA community:

- 42% of LGBT youth say the community in which they live is not accepting of LGBT people
- 92% of LGBT youth say they hear negative messages about being LGBT
- Only 37% of transgender and gender-non-binary youth believe they will have a happy future
- 42% of transgender and Gender-Non-Binary youth report harassment and violence
- 40% of homeless youth identify as LGBT
- Upwards of 68% of transgender people have attempted suicide

\*Statistics taken from the Human Rights Campaign, SAMHSA, and the National Coalition for the Homeless

## "HOW CAN I HELP?"

The LGBTQIA community needs safe spaces like LLACE for accessing educational resources and for finding community. But the community also needs support and advocacy when LLACE is not open. So here are some simple ways you can join LLACE in advocacy for the LGBTQIA community:

### **Respect people's identities, names, and pronouns:**

Even though you might perceive some of our patrons to identify with a particular gender, they may identify with some other gender. It is best to not make assumptions and ask what gender pronouns people use (she, him,

her, per, hir, zie, they, his, theirs, etc.) rather than simply assigning them one. **Remember, there is no one way to look or be LGBTQIA.** Just because some of our patrons may not look gay or bisexual or transgender according to our preconceived notions, it does not mean that they are not gay or bisexual or transgender. Avoid assumptions!

### **Someone is disappointed that LLACE is closed:**

We wish we could be open more often, but we operate on minimal funds and with 100% volunteer support. Simply tell the patron "I'm sorry you couldn't visit them today, but their hours are posted on the front window. Catch them when they reopen."

### **Someone is resting around the building:**

There are a variety of reasons why someone might rest or sleep around the building, including having been kicked out of their home for being LGBTQIA+, being homeless, and/or being in-between housing.

If the person is not blocking any pathways or parking areas and poses no other reasonable inconvenience, or if it is well past or before business hours, you can simply smile and move along. You can also choose to start a conversation and get to know the person. Make a new friend!

If the person is blocking a pathway and/or causing an accessibility issue, simply ask the person if they would be willing to move to another spot so that people can get through. **You can say "Hello, how are you? We**

**need to clear these pathways to make them more accessible. Can you help us by finding a different spot to rest?"**

We ask that you not involve the police unless it is a necessity. Historically, people who are LGBTQIA+ and/or homeless have had negative experiences with law enforcement due to lack of knowledge and sometimes due to lack of compassion.

If you are looking for support in a particular situation, please contact LLACE or one of our community partners in the resources section of this handout. It is important to meet specific needs with specific resources.

## RESOURCES to Support Your Interactions & Decisions

### **The Gender Health Center**

2020 29th Street, Sacramento  
(916) 455-2391  
www.thegenderhealthcenter.org

*Provides training on LGBT experiences and identities, with special emphasis on transgender and gender nonconforming communities. GHC can help you troubleshoot issues and interactions with the LGBTQIA+ community.*

### **LGBT Community Center**

1927 L Street, Sacramento  
(916) 442-0185  
www.saccenter.org

*Provides training on LGBT experiences and identities.*