



be in • be out • belong

## Mental Health Resources

According to the National Alliance on Mental Illness (NAMI), 1 in 5 U.S. adults experience mental illness every year and that number is even higher in the LGBTQIA+ community. Here are a few resources available online and at UW-Stout.

### Helplines and Online Resources

The **Trevor Project** is dedicated to crisis intervention and suicide prevention in LGBTQIA+ young people under 25. There is a phone number, chat service, and text line.

**Hotline:** 866-488-7386

<https://www.thetrevorproject.org/get-help-now/>

**Trans Lifeline** is a trans-led organization connecting trans people to support, community, and resources.

<https://translifeline.org/>

**Hotline:** 877-565-8860

The **LGBT National Help Center** provides resources and peer support for LGBTQIA+ people of all ages.

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

**LGBT National Hotline:** 888-843-4564

**LGBT National Youth Talkline:** 800-246-7743 (This line provides peer support for queer people 25 or younger and for parents.)

**The Qube** | 121 Merle Price Commons  
University of Wisconsin-Stout | Menomonie, Wisconsin  
qube@uwstout.edu | [connect.uwstout.edu/qube](https://connect.uwstout.edu/qube)

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### Resources at UW-Stout

The **Counseling Center** focuses on students' intellectual, emotional, and relational health and tele-counseling appointments are every other week. It is free for UW-Stout students.

Counseling Center

410 Bowman Hall

715-232-2468

<https://www.uwstout.edu/life-stout/student-services/counseling-center>

**Clinical Services** provides counseling for groups and individuals and marriage and family therapy. Appointments are either in person or through tele-counseling every week. It is free for UW-Stout students.

Clinical Services

221 Vocational Rehabilitation Building

715-232-2404

<https://www.uwstout.edu/academics/colleges-schools/college-education-hospitality-health-and-human-science/clinical-services-center>

**Student Health Services** offers low-cost health care to UW-Stout students. In addition to other services, they offer mental health care, evaluation, and medication management.

Student Health Services

103 1st Avenue West

715-232-1314

<https://www.uwstout.edu/life-stout/student-services/student-health-services>

### Support Groups at the Qube

Not all support groups at the Qube are centered around mental health, but they are a confidential, safe space to have discussions and meet others virtually!

<https://connect.uwstout.edu/qube/groups/>