



be in • be out • belong

Relationship Resources

Respect, equality, safety, and **trust** are all elements of a healthy relationship.

In a safe and healthy relationship, you and your partner(s) should...

- Respect boundaries.
- Respect each other's gender pronouns and name(s).
- Give each other space to hang out with friends/family without thinking you're cheating.
- Not take each other's money or dictate what to buy.
- Trust each other and give privacy and space in person and online (e.g. social media).
- Mutually agree to any physical or sexual activity.
- Never threaten to out each other to people.

<https://health.arlingtonva.us/lgbtqia-relationships/>

To test how healthy your relationship is, take this quiz... <https://www.loveisrespect.org/quiz/is-your-relationship-healthy/?%3E>

Online Resources and Helplines

Love is Respect This website is LGBTQIA+ friendly and has great resources on dating, healthy relationships, safety, and support.

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

If you have questions or need help there is a 24/7 phone number, chat service, and text line. <https://www.loveisrespect.org/get-help/>

Love is Respect Hotline: call 1-866-331-9474 or text LOVEIS to 22522

LGBT National Help Center This website provides resources and peer support for LGBTQIA+ people of all ages. The phone and email hotline provide a safe space to talk about anything (including relationships).

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

LGBT National Hotline: call 888-843-4564 or email help@LGBThotline.org

Resources at UW-Stout

The Bridge to Hope provides rapid, confidential, compassionate assistance to UW-Stout students who have experienced any form of sexual violence.

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

On campus:

Kat Brogan (Sexual Assault Advocate)

132 Price Commons

Student Life & Services

call or text 715-440-7150

kathrynb@thebridgetohope.org

Off campus:

The Bridge to Hope (24/7 support)

2110 4th Avenue NE

Menomonie, WI 54751

call 715-235-9074 or text 715-505-3640

manager@thebridgetohope.org

The **Counseling Center** offers services for UW-Stout students in Wisconsin through telehealth, including individual, couples, group counseling, crisis appointments, consultation, and outreach presentations. 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 telehealth 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>