

# NEWSLETTER

## *Glass Lawler Mental Health Edition*



RELEASE DATE  
MARCH 2024

[lgbtqcolorado.org/mental-health](https://lgbtqcolorado.org/mental-health)

Your Guide to Being in the Know



### **Your Glass Lawler Mental Health Events - March 2024**

- March 6 & 20, 2024
  - 4:00 - 5:30 PM



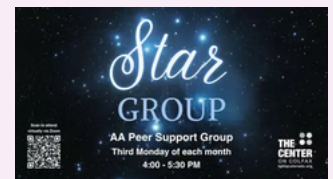
- March 11, 2024
  - 4:00 - 5:30 PM



- March 13, 2024
  - 4:00 - 5:30 PM



- March 18, 2024
  - 4:00 - 5:30 PM



- Lunch n Learn
  - March 22, 2024
  - 12:00 - 2:15 PM



- March 25, 2024
  - 4:00-5:30 PM



#### WHAT'S INSIDE?

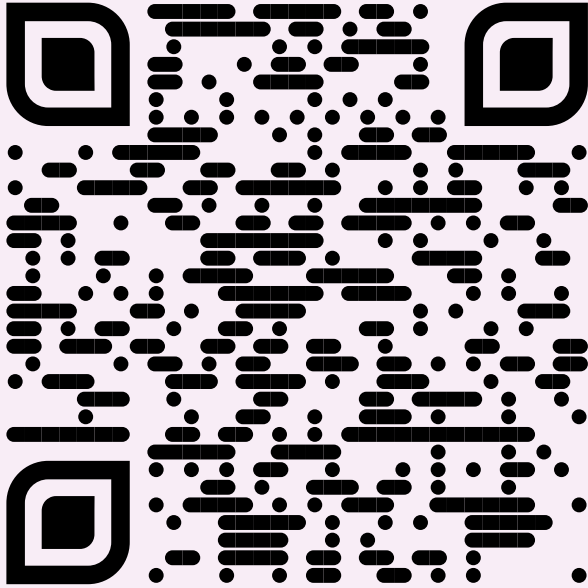
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# March Calendar

Scan the QR code for the full calendar of events



- **March 11:** Lesbian Lounge
- **March 11:** Telling Your Story
- **March 11:** BIPOC Peer Group
- **March 12:** Know Your Rights
- **March 13:** Coming Out Peer Group
- **March 18:** Stitch & Bitch
- **March 19:** SAGA Vent Room
- **March 20:** JustSayKnow: Harm Reduction Peer Support Group
- **March 21:** STI Testing - Appointment Only
- **March 22:** Movement Therapy
- **March 22:** The Femme Underground
- **March 28:** LGBTQ+ Talks
- **March 29:** The Center's Got Talent
- **March 30:** Transgender Day of Visibility

## MENTAL HEALTH FACT

### March is LGBTQ+ Wellness Month

#### What is National LGBTQ+ Health Awareness Week?

- The goal of National LGBTQ+ Health Awareness Week is to raise awareness of routine and specialized care for people in the LGBTQ+ community. People who identify as lesbian, gay, bisexual, transgender, queer or questioning are at risk for not getting the level of care they need because of a fear of seeking out help or, more commonly, due to discrimination. National LGBTQ+ Health Awareness Week brings attention to the tragic cycle of discrimination and health inequities that affect LGBTQ+ people.

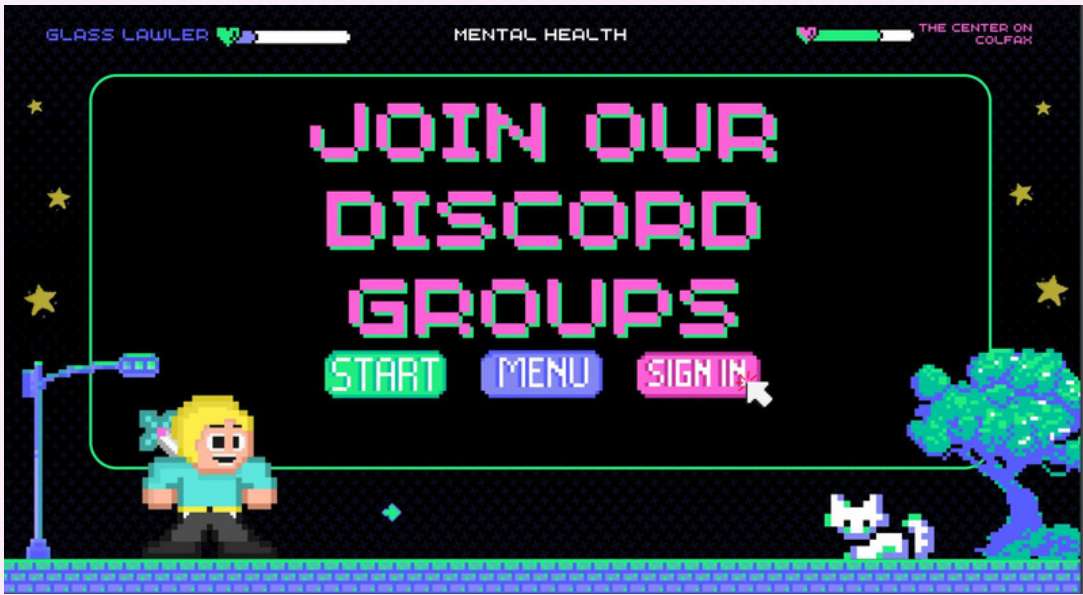
#### What Types of Concerns Exist for LGBTQ+ Health Awareness?

- There are many ways in which limited access to care impacts this community. Here are some examples:
  - Employment discrimination that limits access to jobs that provide health insurance.
  - Unable to receive health insurance coverage from their partner due to harmful company policies.
  - Increasingly high costs make many unable to afford vital preventative health care.
  - Many individuals face social stigma and discrimination and, as a result, may not feel comfortable discussing their specific health needs.
  - Disparities in the level of care received.

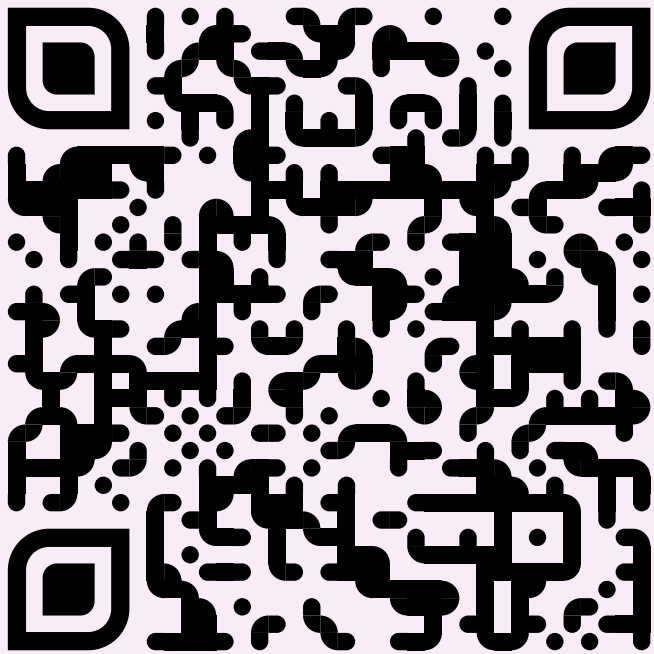
#### What Has to Change When It Comes to LGBTQ+ Health Disparities?

- LGBTQ+ Health Awareness Week provides resources to those looking to get involved and enact change in their communities. Below are some simple ways you can help in this effort of improving LGBTQ+ health:
  - Encourage employers to recognize those within the community as viable partners in relationships who deserve the same type of health coverage given to others.
  - Encourage state lawmakers to pass laws that encourage improved access to healthcare as well as affordable health insurance.
  - Work to ensure your own practice, if you are a doctor or other medical provider, never discriminates against people who have different lifestyles or physical needs than others – eliminate all LGBTQ+ discrimination in your practice.
  - Seek out care. Never be hesitant to find the support you need and want. Mental health is just as important as physical health. So, it is critical to take time to think about your needs and get any support necessary.
  - Help someone who is LGBTQ+ struggling with their health to get the care they need. A donation, a trip to a doctor's appointment, or just a bit of support can go a long way.

# DISCORD GROUPS



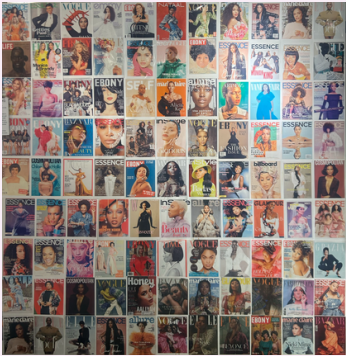
**Welcome to  
Glass Lawler Mental Health  
Program's server**



Need an ONLINE community? We have discord groups for all for all of our peer support groups. These groups were created to further increase accessibility for our community and to form supportive groups of like-minded individuals. Scan the QR code to join our Discord server!

# February Highlights

## Museum For Black Girls Field Trip



On February 10, Glass Lawler Mental Health took a field trip to the Museum for Black Girls in the 16th Street Mall. This field trip was a way to celebrate Black History and the culture of what “Black Magic” is. The community members attended had the opportunity to explore the museum, and were even able to add their own personal touches and stories to interactive parts of the museum!

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## Healthy Relationships: A Discussion with Saga Members

Our Director Jaylin Goodloe had the opportunity to speak with Saga program members about healthy romantic and platonic relationships. The presentation was held as a celebration of Valentine’s Day and aimed to help attendees recognize how different relationships affect us. It was a very informative and transformative conversation. If you’d like to check out the presentation, please reach out to Jaylin at [jgoodloe@lgbtqcolorado.org](mailto:jgoodloe@lgbtqcolorado.org)!

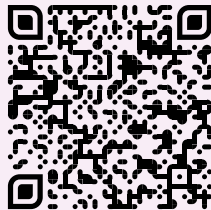


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# Interest Form for Mental Health Services

Are you in need of therapeutic services? Using our page on The Center's website, you can sign up to receive services from Glass Lawler Mental Health. Once you are deemed eligible for our services, you will be asked to complete an intake form to determine what you'd like to focus on in your therapy sessions and the severity of your symptoms. All scheduling will be completed using Simple Practice. Scan the QR code to complete the interest form!



**Glass Lawler Mental Health: Interest Form**

Thank you for your interest in Glass Lawler Mental Health! Please fill out this form if you are interested in being contacted about receiving **free** therapeutic services through our program in the near future.

<p>First Name*</p> <input type="text"/>	<p>Last Name*</p> <input type="text"/>
<p>Email Address*</p> <input type="text"/>	<p>Phone Number*</p> <input type="text" value="555-555-5555"/>

Are you seeking free mental health services?\*

Choose one... ▼

I acknowledge that this form is only to be filled out by those seeking and consenting to free mental health services by The Center on Colfax's Glass Lawler Mental Health program.\*

Choose one... ▼

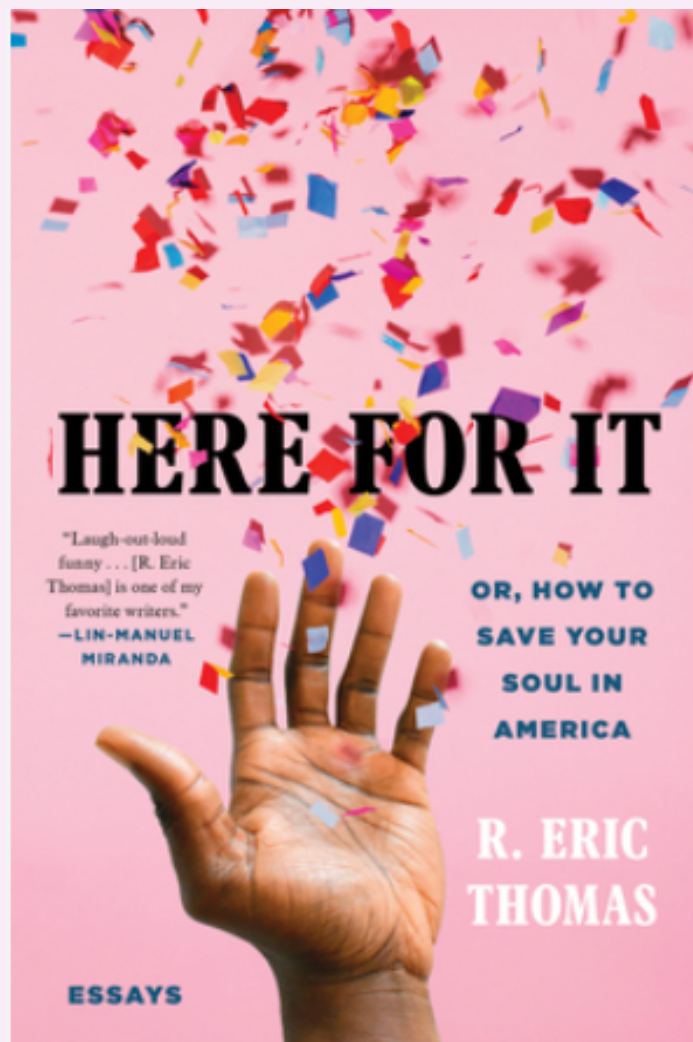
We will never share your email address. Ever.

[SIGN UP](#)

# Religious Trauma Group Announcement

*we have expanded*

You see it correctly - we have expanded the Religious Trauma Support Group! The group will now be held every first and third Wednesday of the month, with the addition of a book club component. This month, the book we'll be reading as a group is "Here For It: Or, How to Save Your Soul in America" by R. Eric Thomas.



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# NEW Bisexual Peer Group

**We have officially launched our new Bisexual Peer Support Group!!!**

Every 4th Monday of the month please join us from 4:00 pm-5:30 PM. Drop-ins are welcome - please feel free to attend virtually or in-person at any time!



**BISEXUAL**

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