

# NEWSLETTER

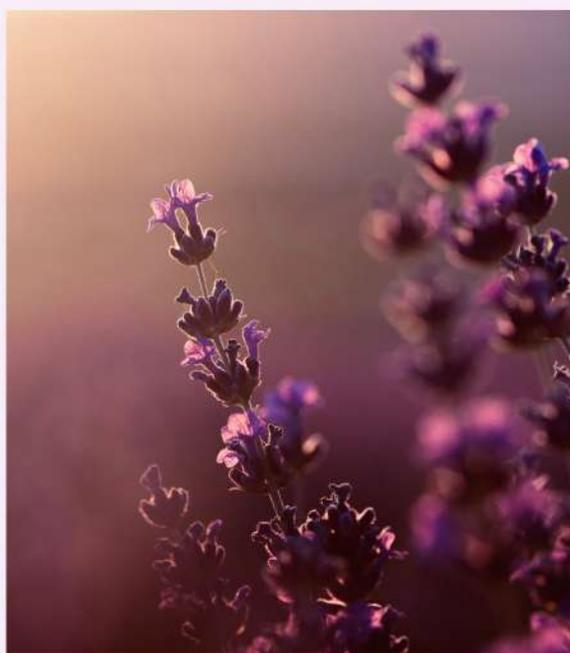
## *Glass Lawler Mental Health Edition*



RELEASE DATE  
SEPTEMBER 2025

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

Your Guide to Being in the Know



### **Your Glass Lawler Mental Health Events - September 2025**

- September 2 and 23
  - 4:00 - 5:30 PM



- September 4 and 18, 2025
  - 4:00 - 5:30 PM



- September 9, 2025
  - 4:00 - 5:30 PM



- September 10, 2025
  - 10:00 AM - 5:00 PM



#### WHAT'S INSIDE?

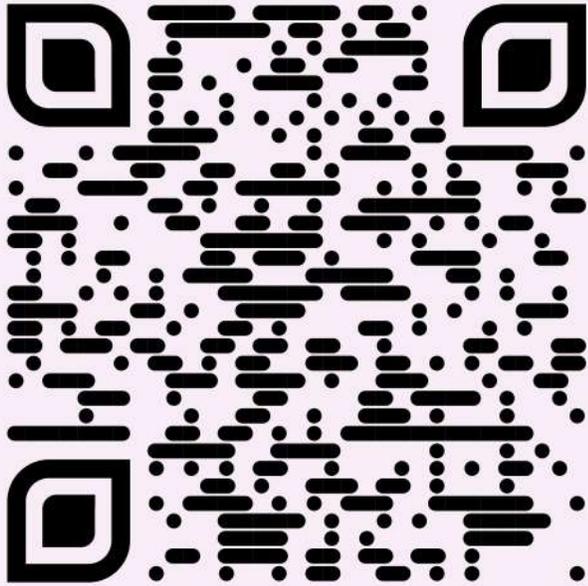
- Program Events pg. 1
- The Center Events pg. 2
- Mental Health Fact of the Month pg. 2
- Discord Groups pg. 3
- Updated Service Interest Form pg. 4
- WPATH Letter Lab pg. 5
- Participant Survey pg. 6
- Program Highlights pg. 7
- September Lunch n' Learn pg. 8
- Intern Welcome pg. 9-10
- Mindfulness Prompt of the Month pg. 11

READ MORE

PAGE 1

# September Calendar

Scan the QR code for the full calendar of events



- **September 1:** Closed
- **September 2:** Older, Wiser, Sexually Smarter – Rediscovering Intimacy Later in Life
- **September 3:** Club50
- **September 5:** Creative Meditation with Quána Madison
- **September 6:** Oral History Committee (OHC) – Colorado LGBTQ History Project
- **September 8:** Knights of the Lavender Table
- **September 10:** Colorado Fingerprinting
- **September 11:** Creative Play: Shadow Boxes
- **September 16:** Young Adult Drop In Hours
- **September 22:** Servicios de la Raza Drop In
- **September 26:** Afterglow
- **September 29:** Stitch & Bitch

## MENTAL HEALTH FACT



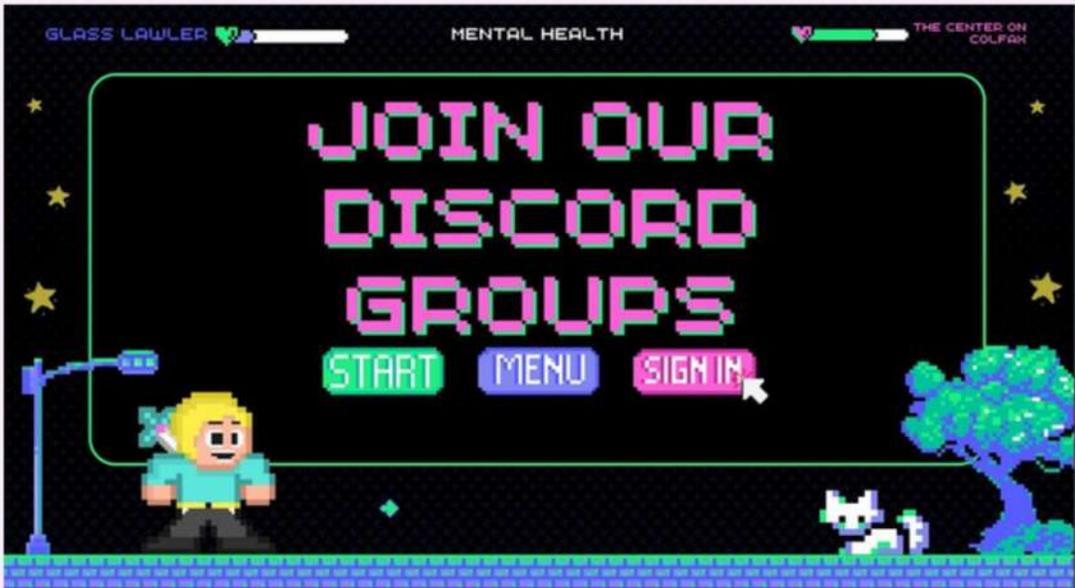
NATIONAL  
**SUICIDE  
PREVENTION  
MONTH**

*September is National Suicide  
Prevention Month*

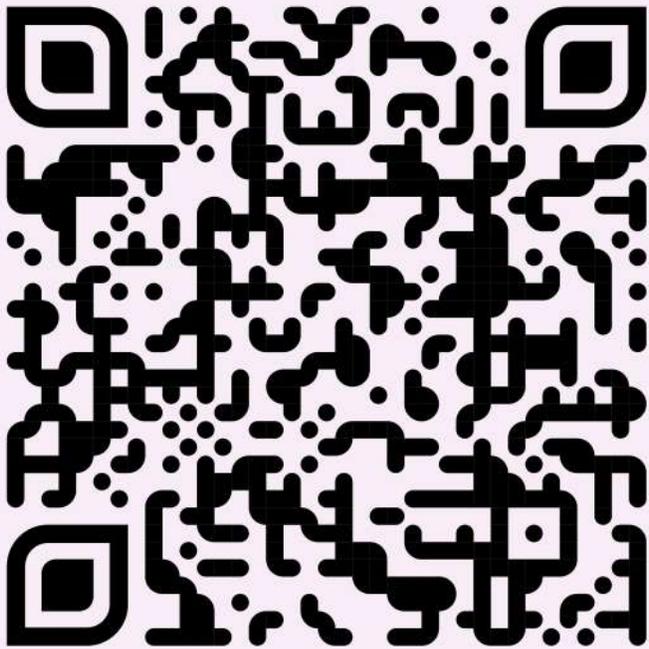
### Did you know?

- School-Based Supports Matter More Than You'd Think**
  - Only ~30% of LGBTQ+ middle and high school students report access to school-based protective elements—such as Gay-Straight Alliances (GSAs), LGBTQ+-inclusive curriculum, or gender-neutral bathrooms—even though having any one of these is linked to significantly lower suicide risk.
- Community Support Helps.**
  - In Canada, feminine presenting folks experienced notably lower rates of suicidal ideation, suicide attempts, and self-harm when living in communities with supportive LGBTQ+ resources and progressive political climates.
- Virtual Avatars Can Boost Safety and Belonging**
  - A recent study exploring metaverse-based support groups showed that 73.6% of LGBTQ+ youth felt more accepted in these virtual spaces. Social confidence and self-expression also improved significantly, particularly for those with lower confidence in real-world settings.

# 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!

# Updated Interest Form for Mental Health Services

Glass Lawler Mental Health has updated our service interest form platform! The new form has the same format and questions, but will just be sent to us via our new database system. Check out the photo below for a peek at the new interest form look.

**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.

Take future action with a single click.  
[Log in](#) or [Sign up for FastAction](#)

 ⓘ

First Name	Last Name
<input type="text"/>	<input type="text"/>
Email	Phone Number
<input type="text" value="email@email.com"/>	<input type="text"/>

Remember me so that I can use **FastAction** next time. 🤖

**Additional Information**

Are you seeking free mental health services?

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.

[Sign Up](#)

# WPATH Letter Lab



The WPATH Letter Lab is a dedicated drop-in program offering compassionate, collaborative support for individuals seeking letters in alignment with World Professional Association for Transgender Health (WPATH) guidelines. This space is designed for trans, nonbinary, and gender-diverse people navigating access to gender-affirming care such as hormone therapy, surgery, or legal affirmations.

Whether you're just getting started or need a letter urgently, our trained mental health professionals provide culturally competent, trauma-informed guidance to help you feel seen, supported, and affirmed. Access to care shouldn't be a barrier to being yourself, and we're here to make the process more accessible.

# Please take our Participant Survey!



Glass Lawler Mental Health always strives to provide the best care, programming, and support. As we continue to grow and improve our mental health program, your feedback is invaluable. We want to hear about your experiences, thoughts, and ideas to ensure our services meet your needs and expectations.

That's why we're inviting you to **participate in our Participant Survey!** It only takes about 5 minutes to complete, and your input will directly impact the way we design and deliver our program.

The QR code above is how you can access it! Your feedback is needed and valued. Thank you!

# Program Highlights



In July, we hosted our annual Mental Health Awareness Barbeque. We're so grateful to our community partners and our amazing community members for making the event such a success!

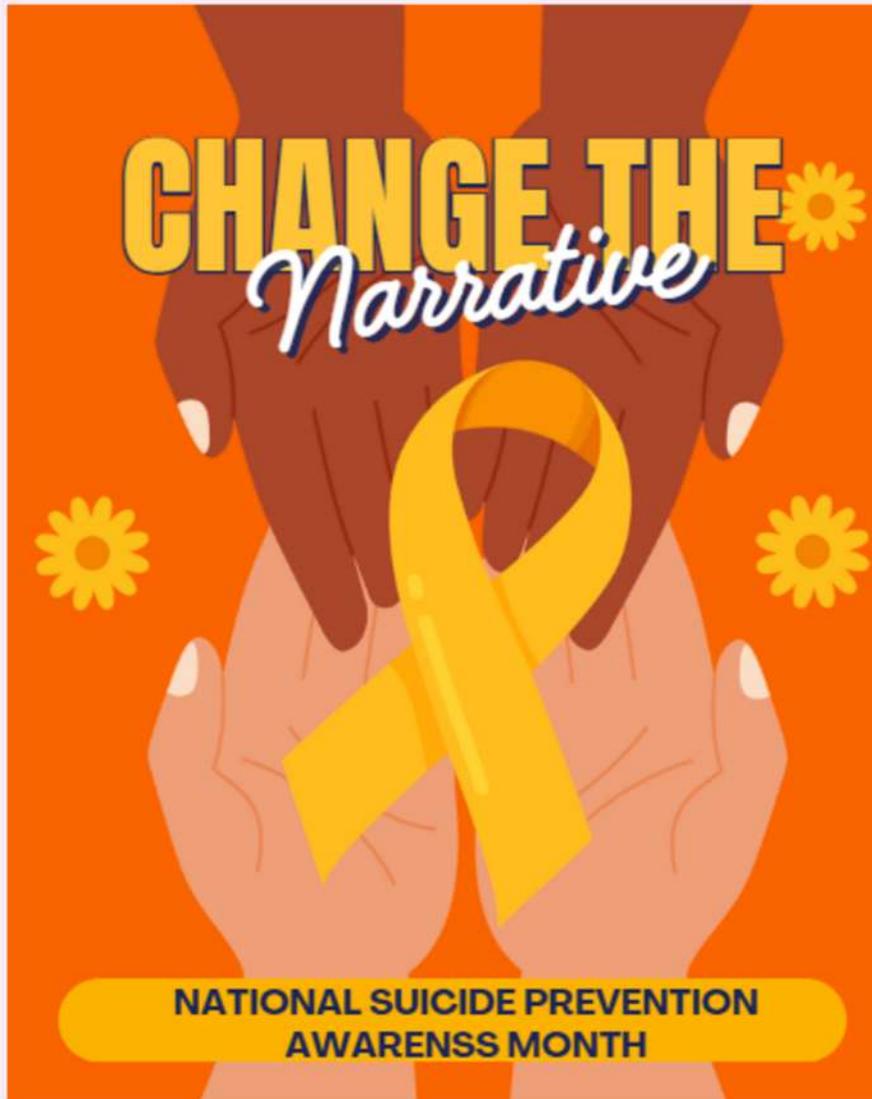
The goal of the barbeque was to celebrate each individuals' mental health journey, no matter where they are at in it. We want our community members to know that we see you, we hear you, and we want to celebrate mental health awareness in a fun-filled way.

The event featured a wellness presentation with arts and mindfulness, a session on psychedelics and how to safely use them, a sensory room for anyone sensitive to noise or big crowds, and a certified acu-detox provider.

[READ MORE](#)

PAGE 7

# September Lunch n' Learn



## FROM AWARENESS TO ACTION: SUICIDE PREVENTION IN OUR COMMUNITIES

Join Glass Lawler Mental Health on September 30, 2025 from 12:00 - 1:30 PM for a discussion of suicide prevention in our community. The Lunch & Learn will cover risk behaviors, prevention factors, talking points, and more to help us see and understand the signs of suicide in our loved ones.

[READ MORE](#)

PAGE 8

# Welcome Anna!



As an intern at Glass Lawler Mental Health, Anna McVey-Tyson is putting her passion for mental health advocacy into action, helping clients navigate life's challenges through compassionate, evidence-based therapeutic approaches. At Rainbow Alley, she's made a tangible difference in LGBTQ+ youth lives by creating safe, affirming spaces and implementing data-driven engagement strategies that help young people explore and embrace their authentic selves.

Anna's commitment to accessible mental health support stems from her own lived experiences within the LGBTQ+ community. Her recent analysis of Colorado HB24-1039 has deepened her understanding of how policy changes can remove barriers and create more inclusive environments for trans youth in schools. This dedication to community well-being was also evident in her pioneering work at CF FamilyCon 2019, where she created transformative spaces that amplified diverse voices within the cystic fibrosis community.

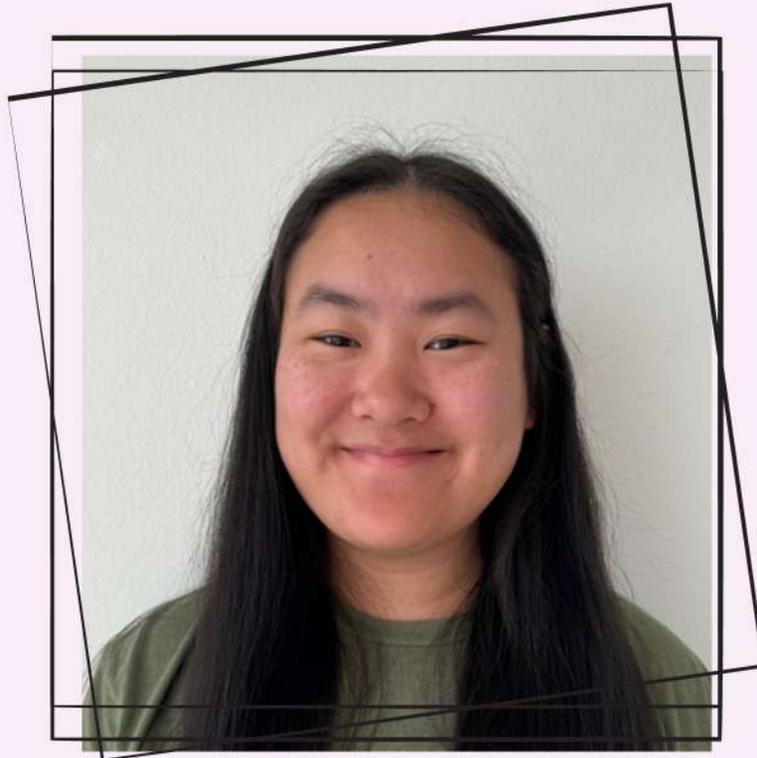
Drawing from her background in Marketing Management and her volunteer work with the Cystic Fibrosis Foundation and National Jewish Health, Anna brings a unique perspective to community outreach and inclusive space creation.

When she's not working to make mental health support more accessible, you'll find her weaving stories inspired by fantasy literature - a creative practice she uses to explore trauma healing and personal growth, which directly influences her therapeutic approach to community.

[READ MORE](#)

PAGE 9

# Welcome Joi!



My name is Joi Rae Connor (she/her), and I'm currently pursuing a Master's degree in International Disaster Psychology with a focus on Trauma and Global Mental Health at the University of Denver. I'm originally from Philadelphia, PA, and I completed my undergraduate studies at Loyola University Chicago, where I majored in Psychology and Criminal Justice.

I'm deeply committed to supporting mental health within the LGBTQ+ community by offering therapy and resources that address their unique challenges. I use a client-centered approach to make sure everyone feels heard and understood, while also recognizing how different aspects of identity, like gender, sexuality, race, and class, affect mental health and well-being. My goal is to create a safe, supportive space where clients can explore their identities and experiences without fear or judgment.

In my free time, I enjoy going on walks to enjoy nature and clear my head, knitting while watching shows or listening to music, and experimenting with new recipes in the kitchen. These activities help me stay grounded and bring balance to my life, something I consider essential for both my personal well-being and professional growth.

