

"You are the author of your own novel. Make it a best seller!"

– Jan Reece

Juneau Suicide Prevention Coalition wants you to take pride in your identity, to accept who you truly are. If you find a life challenge, this LGBTQ+ guide is here to help you locate Juneau community resources for support. JSPC wants to remind you that you are not alone. You deserve to be seen, supported, and recognized as an equal member of our Juneau community.

If you or someone you know is needing guidance, assistance or an advocate, the listed organizations are supportive of the LGBTQ+ community and a safe place for you. **We are all in this together.**

UAS Safe Zone: A network of students, faculty, and staff committed and trained to provide safe, non-judgmental, and supportive contacts for all UAS community members who may be lesbian, gay, bisexual, transgender, or questioning or supporting a loved one.

PFLAG: Promotes well-being, support, education, and advocacy aimed at ending the cycle of discrimination.

PFlagJuneau@gmail.com

SEAGLA: Provides a supporting social network for fostering personal and public acceptance

of gay, lesbian, bisexual, and transgender people of the community. **www.seagla.org**

AWARE: A gender-inclusive shelter, providing residential services, legal support, and advocacy to all survivors of domestic or sexual violence. **awareak.org | 586-1090**

Zach Gordon Youth Center: ZGYC offers events and support for the LGBTQ+ youth in Juneau by offering a safe and supportive environment where you can find community connections and a home-away-from-home atmosphere. **zach.staff@juneau.org | 586-2635**



"A second of kindness can last a lifetime."