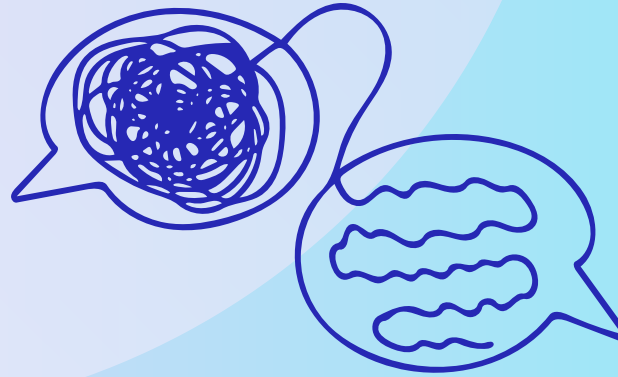


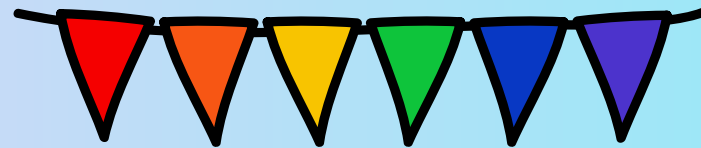
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Building LGBTQ community in the Panhandle

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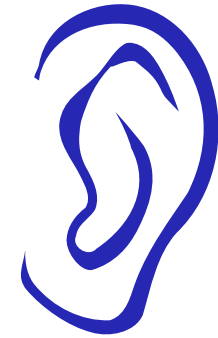
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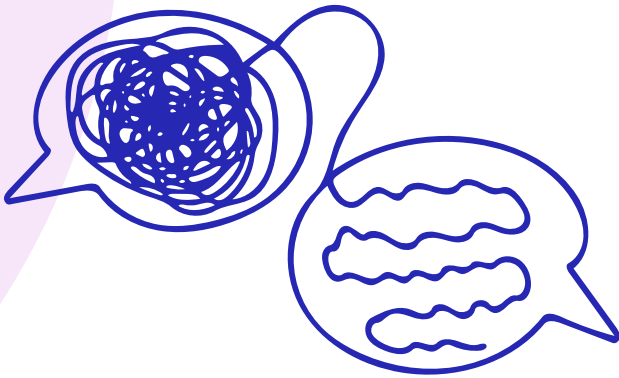
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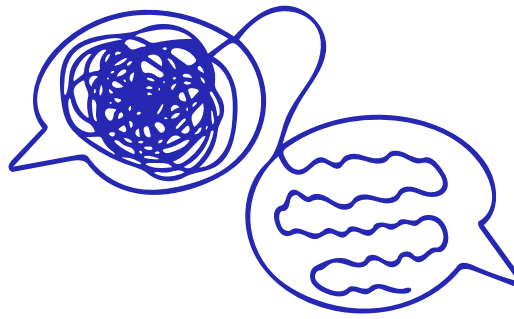
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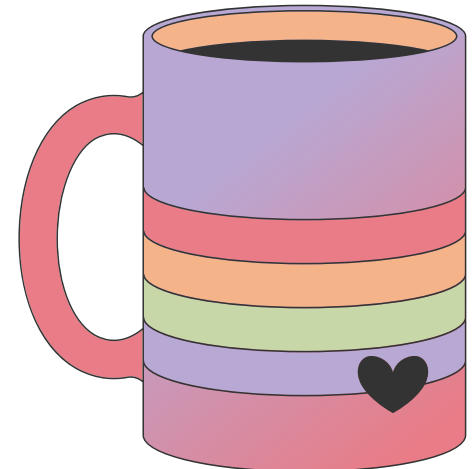
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# Terapia para Jóvenes LGBTQ y Aliados

## ¿Hay alguna cosa que no queda en confidencia entre mi consejero y yo?

Legalmente, tu consejero tiene que reportar al Servicio de Protección al Menor (CPS) si le dices que alguien te abusa o te descuida cuando tienes menos de 19 años.

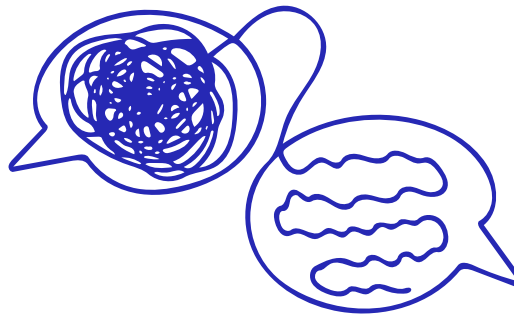
El también necesita llamar por ayuda si crea que estás al riesgo de lastimarte o otra persona.



## ¿Todavía te preocupa tu privacidad?

Si no quieres que CPS u otros autoridades se involucren, es una buena idea traer una lista de cosas para preguntar a tu primera cita. Por ejemplo:

- ¿Si mis padres te llaman y pregunten sobre mi, qué les dirías?
- ¿Cuándo necesitarías reportar a alguien algo que te dije?
- ¿Qué sucedería después de reportar?
- ¿Necesitas reportarlo si alguien te dice que está sin hogar (o otra preocupación que tengas)?



## Otros Apoyos

### Panhandle Equality

Creando comunidad LGBTQ en el Panhandle

[www.panhandleequality.org](http://www.panhandleequality.org)  
[info@panhandleequality.org](mailto:info@panhandleequality.org)  
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Proveyendo terapia y otra atención médica a bajo costo

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Fomentando la participación cívica y la integración de la comunidad en el condado de Scotts Bluff

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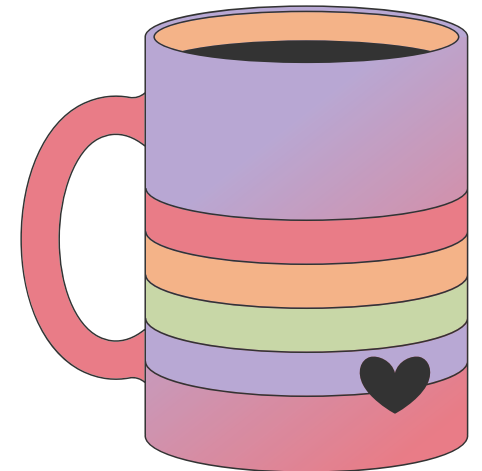
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**Panhandle**  
Public Health District



# ¿Necesitas que alguien te escucha?





**No hay que tener una  
diagnosic o estar buscándolo.**

**No hay que estar en crisis.**

**Es suficiente querer que  
alguien te escuche.**

**La consejería puede ayudarte  
en dándote sentido a la vida y  
ser quien quieres ser.**

**A menudo, secundarias y  
universidades tienen  
consejeros disponibles para  
sus estudiantes.**



## **¿Qué debo hacer si no resulta efectivo?**

A veces tarda tiempo encontrar a un consejero que te cae bien. Si ver a tu consejero tiende a dejarte sintiendo más alterad@ que antes o si él no respete a tu origen, género o sexualidad, quizás es mejor que pares de verlo.

## **¿Cómo puedo ver a un consejero afuera de mi escuela?**

Primero, es una buena idea pedir ver a un otro consejero en tu escuela. Si esto no funciona, puede ver a otro consejero.

Para ver a un consejero afuera de tu escuela, necesitarás el permiso de un padre o tutor/a legal si eres menor de 19 años.

**Muchos consejeros  
ajustan sus costos,  
dependiendo de cuanto  
puedes pagar. Se llaman  
"sliding-scale payments."**

## **¿Ningún coche? ¡Ningún problema!**

Muchos consejeros hacen citas de "telehealth," cuando se hablan por el teléfono o una videollamada.

Los consejeros en los EEUU son autorizados estado por estado, así que es mas difícil ver a alguien en Wyoming o Colorado. Necesitarías asegurarte que él tiene licencia donde estás físicamente.

Por el lado bueno, eso también significa que es fácil ver a un consejero en Grand Island, Kearney o Lincoln por telehealth. Pero ten en cuenta de la diferencia entre la hora de aquí y ahí.



## **En caso de emergencia:**

Si estas luchando mucho, especialmente si estas pensando en lastimarte o a otra persona, hay números de teléfono que puedes llamar para hablar con alguien gratis.

El Trevor Project se centra en jóvenes LGBTQ y aliados. Para proteger a tu privacidad, puedes presionar Esc tres veces para salir del sitio, borrarlo del historial del navegador, e ir a una pagina señuelo. Es una opción buena si estas preocupad@ que alguien que compartes tu plan de teléfono sepa a quien le llamas o envías mensajes de texto.



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También hay una línea directa especialmente para personas transgéneros: **1-877-565-8860.**

**Todo mejora.  
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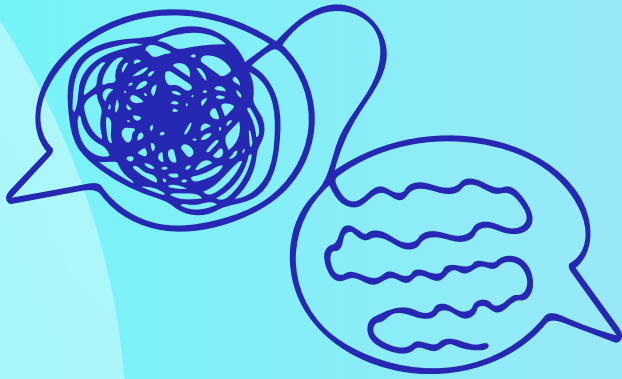
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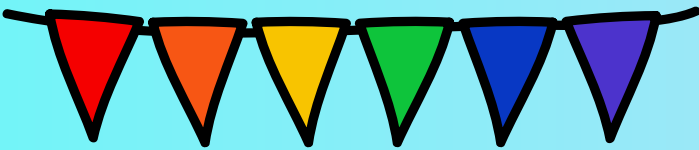




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