As our community is experiencing COVID-19, we acknowledge that our LGBTQA+ students, faculty, and staff may be experiencing additional hardships.

We know you may not be sheltering in a place where you feel safe and loved. Remember to affirm yourself, set boundaries, connect with someone who can echo your affirmations, and virtually connect with your chosen family. You are lovely and wonderful exactly as you are. You deserve lots and lots of all the things that make you happy.

We know you may be experiencing heighten mental-health issues. Remember to try not to disassociate or withdrawal for lengthy periods of time. When you notice yourself checked out, take a break to check in with yourself. The Counseling Center is offering free phone and virtual support services to currently enrolled students and can be reached at 419.530.2426.

We know you may be worried about potential discrimination from health care providers. Remember you have the right to receive care and access services. Trans and non-binary folks may be particularly nervous about navigating COVID-19, check out the Know Your Rights Guide by the Transgender Legal Defense & Education Fund.

We know you may be feeling stuck or like you’re moving backwards. Remember your progress isn’t going anywhere – it can be stressful to put yourself back in an environment that reminds you of the version of yourself before you came out or realized who you were. Remember progress doesn’t work like that. You’ve worked hard and that won’t be erased.

We know you may be being pulled in a million directions. Remember to not work too hard – just be present. Play with a pet, complete one assignment, comment on the music, the food, or Tiger King. Just be present, you are enough.

We know you may have lost your job or had other difficulties. Remember that Rocket to Rocket is available for Utoledo students who are in need of emergency aid and the Food Pantry is open on Main Campus with a mobile location in Parks Tower. If you are struggling with online learning, the Center for Success Coaching has tips for How to be Successful in Remote Learning.

We also know that you are not alone, we are in this together. Remember, we are a resource for you and are happy to virtually connect to support you in whatever way we can.

Queerly yours,

Danielle Stamper
LGBTQA+ Liaison

Dr. Willie McKether
Vice President for Diversity and Inclusion