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# NBMS Nurse Newsletter

April 2021

*It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.*

We want to take time in April to recognize the LGBTQIA community. Many call this the alphabet soup of gender identity, questioning youth and allies. Here at NBMS, students are encouraged to respect the way each person wants to be identified by carefully listening to that individual and their experiences and asking for their preferences in names and pronouns, i.e. he/she/we/they etc. Using preferred language is a source of respect. MS has the Alliance Club for students and allies of the LGBTQIA community.

Since adolescence is the time of greatest growth, identity crises and personality development, it can also lead to mental health issues of depression, anxiety and many more. The MS staff is always vigilant in this regard. We ask that you as parents/guardians look for signs of mental health issues and reach out to your medical practitioner or the school for assistance. In that regard, there is the **PROUD** Family Health Center at RWJUH/Somerset Medical Center offering specialized primary care for the LGBTQIA community.

Further research and policy considerations to address these topics are needed at the governmental -- local and state, community groups, religious groups and school levels to support a goal of No Stigma for all people with different lifestyles, emotional or mental health issues. Here is a partial list of LGBTQIA support services in the New Brunswick area:

1. Trevor Project is a 24/7 hotline # 1-866-488-7386
2. PRIDE Center, Highland Park, #732-846-2232
3. HiTOPS for ages 13-26 support and parent groups, #609-683-5155 or [info@hitops.org](mailto:info@hitops.org)
4. PFLAG - the largest organization for the LGBTQIA community and their families @ [pflag.org](http://pflag.org)





