

## Labeling yourself:

Experiencing asexuality and/or identifying as Ace can mean anything from:

- Desiring emotional connection with a partner without experiencing a sexual aspect
- Choosing to have sexual experiences but only desiring them in certain situations/with certain people
- Having romantic feelings for someone, even imagining sexual situations with them, without enjoying sex

As a student who identifies as Ace, you might experience various feelings along, or outside of, this spectrum. Any identity that gives you strength is valid, and you deserve to stand strong. **Your thoughts and identities matter, and should be validated and heard.**

The Ace community has created the language used to differentiate various types of attraction, which may include sensual, aesthetic, intellectual, sexual, and romantic attraction. The term Ace may **mean something different to each individual who identifies as Ace.**

In addition to the term "Ace," on Brown's campus **queer is often used as an umbrella term** that can include all (a)genders and (a)sexualities outside of cisgender/heterosexual. **If you do not feel comfortable using these labels, or any other, you do not need to.**

\*This pamphlet is specifically directed for students who identify as ace-spectrum, though it may also contain information relevant to LGBQ folks, trans folks, or folks with other identities.

## Resources

### On Campus:

LGBTQ Center ([lgbtq@brown.edu](mailto:lgbtq@brown.edu))  
Stephen Robert '62 Campus Center  
(Faunce) 3rd Floor

### Off Campus:

AVEN - Asexual Visibility and Education Network <http://www.asexuality.org/>

Go Ask Alice is an LGBTQ-friendly question-and-answer website where you can ask any health questions you have. <http://www.goaskalice.columbia.edu>

Visit the Human Rights Campaign at <http://www.hrc.org/hei/for-lgbt-patients> for important information regarding LGBTQ health care.

Individuals in crisis can call the National Suicide Prevention Lifeline at 1-800-273-8255.

The Trevor Project: resources can be found at: <http://www.thetrevorproject.org/pages/trans-gender-identity>

## Counseling and Psychological Services (CAPS)

J Walter Wilson, Room 512  
Hours Mon-Fri 8:30am-5pm  
Phone 401-863-3476

If you have a psychiatric emergency when CAPS is closed, follow the prompts to reach the psychotherapist on call at the above #

## RESOURCES AND STRATEGIES

# ACE MENTAL HEALTH



# FINDING THE RIGHT PROVIDER FOR YOU:

Do research about provider expertise and experience. Mental (and all) health professionals **should affirm rather than pathologize your identity**. However, not all providers will have experience with Ace patients, and that's OK. The important thing is that it is a comfortable space for you. If it is not, **you can seek out a different provider**.



## Conversation Tools

- Establish the relationship with your provider on your terms. You can discuss expectations of the relationship, such as what is expected of you and what you expect of your provider. It can be productive to discuss your goals for therapy early on.
- Speak up! Mental health providers are there to serve you! If you are particularly nervous to speak about a topic, try practicing what you're going to say beforehand or writing it down.
- Don't let your provider make the conversation about your sexuality if that's not what you came to talk about.
- Ask to establish boundaries. Certain topics can be "off limits." You have agency in this interaction! You can guide the conversation.



## Provider Options

There are many professionals who can help improve your mental wellbeing.

**Psychiatrists** - prescribe and manage medications

**Psychologists, LMHC, LICSW** - talk therapy, counseling

**Cognitive Behavioral Therapists** - changing behavioral and thought patterns

**Social Workers** - relationship, personal, and family issues

**Neurologists** - diagnosis and treatment of nervous system, generally by referral

It is up to you what type of provider you seek out. You can also ask your general practitioner for their recommendation.



## Financing

- CAPS offers free appointments but is a short-term care model.
- If you have insurance, you can ask CAPS providers for "in network" positively reviewed providers with Ace experience for long-term care.
- You can also search your insurance company website to "find a provider near you" and see if they have experience working with Ace folks.

"I always call ahead to ask what experience my provider has working with queer patients."  
- Brown Student '16

## Community Support Groups at Brown:

- Queer Alliance (Faunce 4th floor)
- Project LETS
- Active Minds
- ACE Assembly
- Aces Chat and Eat club

**How to make a CAPS appointment:**  
Call (401) 863-3476 or go to JWW Room 512