

LGBTQ+ & Secular Identity Grief & Loss

Identity Affirming Resources Central Florida

Resources listed below are not recommended or endorsed by the individual or company providing you this list, including those involved in compiling resources. Please do your own research and vetting.

PRE-SCREEN YOUR RESOURCES

Professionals serving you at a time of grief and loss should understand and honor your identity. When you first speak with them, let them know who you are and ask about their experience with your identity. Ask them candidly if they have a faith or other bias that may impact your session(s). If that professional is not the right fit for you, it is okay to let them know and seek another professional.

Research by reading reviews, read their website, look at their posts on Facebook, Twitter, LinkedIn, and other social pages. Ask people or organizations you know and trust for referrals.

LGBTQ+ Resources

- The Center Orlando Resource Guide: <https://thecenterorlando.org/resourceguide>
- NAMI Resource Guide: <https://namigo.org/resources/lgbtq-services>
- 26 Health, Mental Health Resources: <https://26health.org/service/mental-health>
- National Resource Center on LGBTQ+ Aging: <https://www.lgbtagingcenter.org>
- PRIDE Chamber (LGBTQ+/Ally owned businesses and organizations): <https://ThePrideChamber.org>

Secular Resources (Atheist, Humanist, and other non-religious identities)

- Find Humanist Celebrants and Chaplains: <http://TheHumanistSociety.org>
 - *Humanist Celebrants or Chaplains serve the non-religious community in the same capacity as religious clergy.*
 - Contact The Humanist Society for referrals: endorsement@humanist-society.org
 - Humanist Celebrant Orlando: <http://HumanistCelebrantOrlando.com>
- Recovering From Religion (there are local support groups): <https://www.recoveringfromreligion.org>
- Grief Beyond Belief: <http://griefbeyondbelief.org>
 - GBB Resources: <http://griefbeyondbelief.org/resources>
- Death, Grief, and Belief: <https://deathgriefandbelief.com>
- Secular Therapy Project: <https://www.seculartherapy.org>
- Humanist Community in Central Florida:
 - Central Florida Freethought Community: <http://CFLFreethought.org>
 - Other groups & support: <https://americanhumanist.org/get-involved/find-or-start-a-chapter/>

LGBT and Secular affirming counseling

- Authentic Life Transitions: <https://drstephanymahaffey.com>
- Orange Counseling: <https://orangecounselingfl.com>
- Michael Freeman Counseling: <http://www.mafreeman.com>
- High Expectations Counseling: <https://www.lifecounselingorlando.com>

Compiled by Tee Rogers, Funeral and Cemetery Pre-Planning Advisor with Dignity Memorial Advocate for LGBTQ+ and minority RSSI (Religious, Secular, and Spiritual Identity) inclusion.
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