**Do you want to learn more?**

Information about alcohol use and help for problems:

[Rethinking Drinking](https://rethinkingdrinking.niaaa.nih.gov/)

[Your Life Iowa](https://yourlifeiowa.org/?utm_source=google&utm_medium=cpc&utm_campaign=awareness&gad_source=1&gclid=EAIaIQobChMIgJWHsY2LhgMVXDQIBR1U-wk7EAAYASAAEgLHx_D_BwE)

[Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline](https://www.samhsa.gov/find-help/national-helpline)

Information about gender identity, related health concerns, and help specifically for transgender and gender minority people:

[Trans Bodies, Trans Selves](http://transbodies.com/)

[Genderbread Person](https://www.itspronouncedmetrosexual.com/2015/03/the-genderbread-person-v3/)

[Trans Lifeline](https://translifeline.org/)

[The Trevor Project](https://www.thetrevorproject.org/)

Our community advisors’ organizations

[One Iowa](https://oneiowa.org/)

[Clock, Inc.](https://www.clockinc.org/)

**Says who?**

Some references:

Institute of Medicine (2011). *The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding*. The National Academies Press, Washington, DC. <https://www.ncbi.nlm.nih.gov/books/NBK64806/>.

Gilbert PA, Pass LE, Keuroghlian AS, Greenfield TK, Reisner SL (2018). Alcohol research with transgender populations: A systematic review and recommendations to strengthen future studies. *Drug and Alcohol Dependence*; 186: 138-146. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5911250/>.

Sepúlveda MJ, Patterson CJ, eds (2020). *Understanding the Well-Being of LGBTQI+ Populations*. National Academies of Sciences, Engineering, and Medicine. The National Academies Press, Washington, DC. <https://www.ncbi.nlm.nih.gov/books/NBK563325/>

**Still have questions?**

You can contact Dr. Gilbert by phone (319-384-1478) or email ([paul-gilbert@uiowa.edu](mailto:paul-gilbert@uiowa.edu)).