

# SUPPORT BEYOND "THANKS FOR TELLING ME"



A RESOURCE FOR CLOSE FRIENDS AND  
FAMILY TO SUPPORT YOUR LGBTQIA+  
BELOVED EXPLORING & EMBRACING  
QUEER IDENTITY

SO, YOUR LOVED ONE JUST CAME OUT TO  
YOU? AND YOU WANT TO HELP AND SUPPORT  
THEM! GREAT,  
BUT WHAT'S THAT MEAN FOR YOU?



CREATED BY A VERY  
QUEER THERAPIST  
[AT] DIVERGENTPATHWELLNESS

I'M OUT!  
HUZZAH!

## THINGS TO KNOW

1. KNOW THAT COMING OUT, REGARDLESS OF LIFE CIRCUMSTANCES, IS A BRAVE AND CHALLENGING JOURNEY.
2. IF SOMEONE YOU LOVE COMES OUT TO YOU, IT INDICATES YOU'RE AN IMPORTANT PART OF THEIR LIFE AND YOU'RE TRUSTED WITH THIS MEANINGFUL INFORMATION.
3. IT'S OKAY TO NOT KNOW ALL THE RIGHT THINGS TO DO OR SAY - THAT'S WHY THIS RESOURCE EXISTS!

## THINGS TO ASK

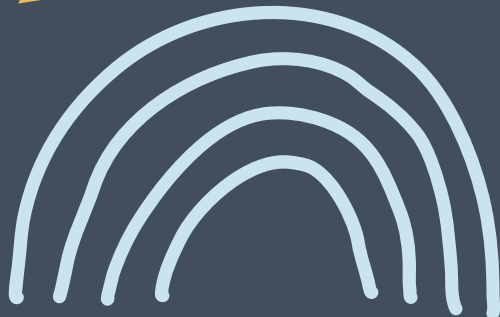
1. HOW WOULD THEY LIKE TO BE ADDRESSED? WHAT NAME AND PRONOUNS WOULD THEY LIKE TO GO BY?
2. WHAT ARE WAYS THAT YOU CAN BEST SUPPORT THEM?
3. HOW CAN YOU HELP PROTECT THEIR IDENTITY? WHAT OTHER PEOPLE HAVE THEY COME OUT TO, AND HOW SHOULD THEIR CONFIDENTIALITY BE MAINTAINED?
4. WHAT ARE IMPORTANT ASPECTS OF THEIR IDENTITY AND/OR SEXUALITY THAT THEY WOULD LIKE YOU TO KNOW?



## THINGS TO LEARN

1. FAMILIARIZE YOURSELF WITH NEW LGBTQIA+ TERMINOLOGY.
2. LEARN ABOUT THE OPPRESSION, HOMOPHOBIA, TRANSPHOBIA, AND SOCIAL INJUSTICE THAT LGBTQIA+ PEOPLE FACE IN THEIR DAILY LIVES.
3. INVESTIGATE YOUR OWN BIASES AND PRECONCEIVED NOTIONS OF LGBTQIA+ PEOPLE IN ORDER TO BEST SUPPORT YOUR LOVED ONE.

MORE ON THE  
NEXT PAGE!



## IMPORTANT INFO!

- LGBTQIA+ PEOPLE WITH SUPPORTIVE FAMILIES AND SOCIAL SYSTEMS HAVE IMPROVED MENTAL HEALTH OUTCOMES: FAMILY, SOCIAL, AND ENVIRONMENTAL SUPPORT ARE PROTECTIVE FACTORS AGAINST SUICIDE
- GENDER-AFFIRMING CARE FOR ADULTS AND YOUTH IS ASSOCIATED WITH DECREASED SUICIDE RISK AND BETTER OVERALL MENTAL AND PHYSICAL HEALTH OUTCOMES
- SUPPORTIVE SCHOOL AND WORK ENVIRONMENTS (THAT HAVE PROTECTIVE POLICIES) SUPPORT THE OVERALL MENTAL WELLNESS OF QUEER PEOPLE ACROSS THE LIFESPAN

## RESOURCES FOR MORE LEARNING

- THE TREVOR PROJECT IS A NONPROFIT ORGANIZATION PROVIDING 24/7 CRISIS COUNSELING FOR ANY LGBTQIA+ YOUTH IN NEED VIA TEXT OR PHONE SUPPORT
- HUMAN RIGHTS CAMPAIGN IS A LARGE ADVOCACY ORGANIZATION CONDUCTING IMPORTANT WORK PROTECTING THE LEGAL RIGHTS OF QUEER PEOPLE. THEIR WEBSITE HAS MULTIPLE RESOURCES FOR LEARNING ABOUT THE CURRENT STATUS OF LEGAL PROTECTIONS FOR QUEER/TRANS PEOPLE.

- TRANS LIFELINE IS A PEER HOTLINE STAFFED BY TRANS PEOPLE FOR TRANS PEOPLE. THEY ALSO HAVE A MULTITUDE OF LEARNING RESOURCES ON THEIR WEBSITE FOR QUEER PEOPLE AND THEIR FAMILIES.
- GLAAD HAS A TERMINOLOGY GLOSSARY ON THEIR WEBSITE WHICH IS FREQUENTLY UPDATED. OTHER IMPORTANT GLAAD RESOURCES INCLUDE THEIR "GUIDE TO ANTI-LGBTQ ONLINE HATE AND DISINFORMATION" AND THE "ACCELERATING ACCEPTANCE 2023" SURVEY.

## LEARNING WITH DIVERGENT PATH WELLNESS

WE OFFER TRAININGS & RESOURCES RELEVANT TO THE EXPERIENCES OF NEURODIVERGENCE, LGBTQIA+ AND RELIGIOUS/SPIRITUAL TRAUMA.

[HTTPS://DIVERGENTPATHWELLNESS.COM](https://divergentpathwellness.com)

THESE RESOURCES ARE FOR EDUCATIONAL PURPOSES AND ARE NOT A SUBSTITUTION FOR THERAPY OR MENTAL HEALTH TREATMENT.

