

**FREE**  
*your*  
**FEELS**<sup>TM</sup>

**LGBTQ  
PRIDE  
MONTH**

**JUNE 2023**



# Table of Contents

Letter to Partners ..... 2

## June — LGBTQ Pride Month

Background ..... 4

For Youth ..... 5-6

For Parents/Caregivers ..... 7

For Professionals ..... 8

# LETTER TO PARTNERS



Hi, everyone!

In recognition and support of the LGBTQ community during Pride Month, we've compiled educational materials and resources you can use to better support your mental health and the mental health of the young people around you. LGBTQ youth are too often the subject of discrimination and harrassment and are vulnerable to higher rates of suicide, self-harm, depression, and other negative mental health outcomes. If you identify as a member of the LGBTQ community, or know someone who does, please use this toolkit and additional resources at [www.freeyourfeels.org](http://www.freeyourfeels.org) to take good care of yourself and those around you.

If you haven't subscribed to receive our email updates, you can do so [here](#).

Thank you for your interest in Free Your Feels and for your support of youth mental health!



## TAKE ACTION

Follow us on Twitter,  
Instagram and  
Facebook  
**@FreeYourFeelsGA**



**JUNE:  
LGBTQ  
PRIDE  
MONTH**

# BACKGROUND



June is Lesbian, Gay, Bisexual, Transgender and Queer or Questioning (LGBTQ) Pride Month. Throughout June, celebrations, awareness events, memorials, and more are held to honor the positive impact that LGBTQ individuals and groups have had, and continue to have, on society. Why celebrate in June? Read the history of Pride Month [here](#).

The celebratory and triumphant nature of Pride Month should be underscored by recognizing the unique challenges faced by the LGBTQ community. Individuals identifying as LGBTQ are at high risk of mental health concerns and suicide due to discrimination, stigma, and mistreatment. Hearing/reading their stories and seeing the data can help us understand why it's crucial that we support the LGBTQ community during Pride Month and beyond.



**FOR URGENT SUPPORT TEXT OR CALL 988, OR  
CALL OR DOWNLOAD GCAL: 1-800-715-4225**



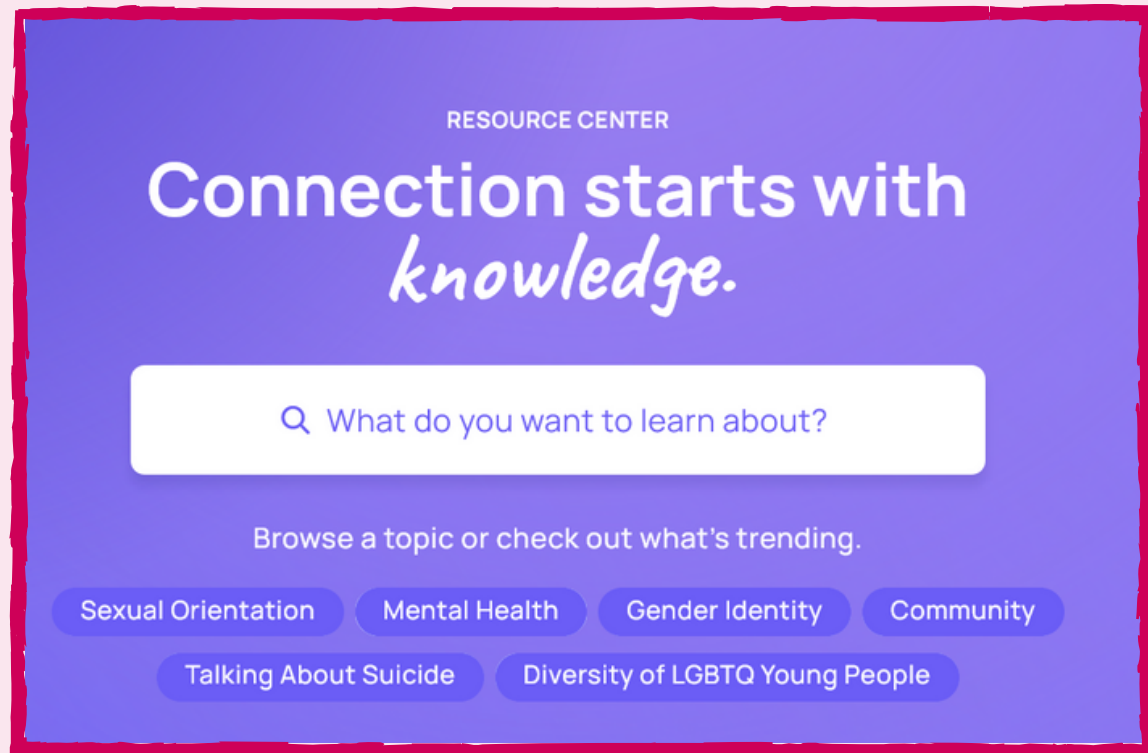
# FOR YOUTH



The Trevor Project is an organization providing information & support to LGBTQ young people 24/7, every day of the year. You can use their website to reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else. Their website also features "TrevorSpace" where you can connect with an international community of LGBTQ young people ages 13–24.

## TAKE ACTION

Visit  
[www.thetrevorproject.org](http://www.thetrevorproject.org)  
to access a wealth of  
resources for yourself  
and/or your peers.



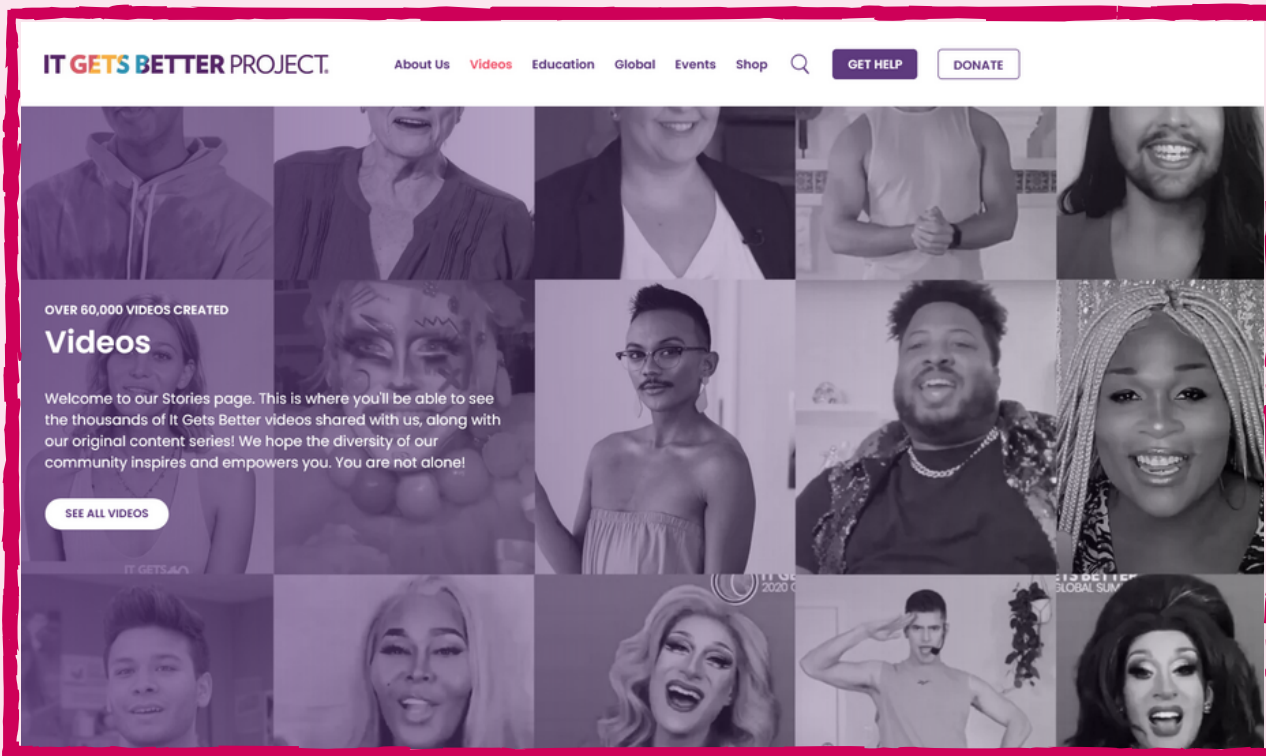
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# FOR YOUTH



It Gets Better is a campaign created specifically for LGBTQ young people around the world. Their mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth. Their website features a video bank of personal stories from a diverse community hoping to assure any LGBTQ young person that you are not alone.



## TAKE ACTION

Access the video bank and select from a variety of stories such as lesbian, drag, nonbinary, transgender – to name a few. Know that you have a community to support you!



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# FOR PARENTS / CAREGIVERS



Just released! According to The Trevor Project's 2023 U.S. National Survey on the Mental Health of LGBTQ Young People, 41% of LGBTQ youth seriously considered attempting suicide in the past year, with LGBTQ transgender, nonbinary, and/or people of color reporting higher rates than their peers. This report provides critical insights into the mental health of LGBTQ youth, but also highlights several ways in which we can all support the LGBTQ community.

Two social media share cards are shown side-by-side. Each card has a dark blue background and a white border. The left card contains the text: 'LGBTQ young people who had access to affirming homes, schools, community events, and online spaces reported lower rates of attempting suicide compared to those who did not.' The right card contains the text: 'Affirming gender identity among transgender and nonbinary young people is consistently associated with lower rates of attempting suicide.' Both cards have a 'Share:' label and icons for Twitter, Facebook, and Email. A large pink arrow points from the right card towards a circular graphic on the right side of the page.

## TAKE ACTION

Dig into the data for more information and ways to support the LGBTQ young people in your life and help prevent suicide.

 FOR URGENT SUPPORT [TEXT OR CALL 988](#), OR [CALL OR DOWNLOAD GCAL: 1-800-715-4225](#)





# FOR PROFESSIONALS



LGBTQ youth are more likely than non-LGBTQ youth to experience violence, bullying, and harassment at school and have lower levels of school connectedness. A safe school environment is critical for student success and can have a profoundly positive impact in the lives and trajectory of students, particularly LGBTQ students.

## TAKE ACTION

School and district staff who are interested in facilitating a more inclusive environment for LGBTQ students can access a variety of support tools, resources, and workshops [here](#).

### Supporting LGBTQ Youth

[Print](#)

**Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth** are more likely than non-LGBTQ youth to experience violence at school and have lower levels of school connectedness.

**Professional development delivered to teachers and school staff should address fundamental knowledge about:**

- concepts of sexual orientation and gender identity, including appropriate language
- health risks faced by LGBTQ youth
- effects of the school environment on the health of LGBTQ youth
- supportive school policies and practices (e.g., Gay-Straight/Genders and Sexuality Alliances, safe spaces, inclusive curricula)
- unique needs of transgender and gender diverse students



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## **QUESTIONS? CONTACT**

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