

FREE
your
FEELS™

**LGBTQ+
PRIDE
MONTH**

RESOURCE TOOLKIT



Table of Contents

LGBTQ+ PRIDE MONTH

Intro	3
Background	4
For Everyone	5
For Youth	6
For Parents & Caregivers	7
For Educators & Professionals	8



LGBTQ+
PRIDE
MONTH

INTRO



Free Your Feels recognizes and celebrates LGBTQ+ Pride Month because it's a crucial time to honor the LGBTQ+ community and raise awareness about the mental health challenges they face.

Pride Month, annually in June, allows LGBTQ+ individuals to gather and celebrate their freedom to live authentically. It's a time to affirm their gender identity, express themselves, and find joy. And with mental health being so closely tied to authenticity and being true to oneself, we're excited to celebrate Pride Month while supporting positive mental health!

LGBTQ+ PRIDE

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



BACKGROUND



While poor mental health is a common problem for youth, LGBTQ+ youth are at greater risk for poor mental health than their non-LGBTQ+ peers. According to the CDC's Youth Risk Behavior Survey Data Summary & Trends Report, in 2021, **69% of LGBTQ+ youth** reported feeling persistently sad and hopeless (compared to 35% of heterosexual youth).

We understand the critical need to offer resources that empower LGBTQ+ individuals to navigate challenges. We also need to provide resources to develop coping skills and find positivity. We hope this month's resources help you or someone you know!

Be sure to follow us across all social media platforms as we will be sharing ways to support LGBTQ+ youth as well as insightful information this pride month!

HOW TO SUPPORT THE MENTAL HEALTH OF LGBTQ+ TEENS

SCHOOLS:

- GSA (Gay/Straight Alliance) Clubs
- Offer a safe & respectful learning environment for everyone. When bullying is allowed to take place, it affects everyone
- Comprehensive bullying/harassment policies and laws

HOME:

- Allow space for open conversations and concerns
- Do not attempt to change or convenience your teen that they need to be "fixed" or "healed"
- Include your teen in family events and decisions

ALLIES:

- Listen to learn about the struggles and obstacles your friend is facing
- Safely correct or stand up to any anti-gay bullying and harassment
- Do not tokenize your friend

A small version of the 'FREE your FEELS' logo is located in the bottom left corner of the infographic.

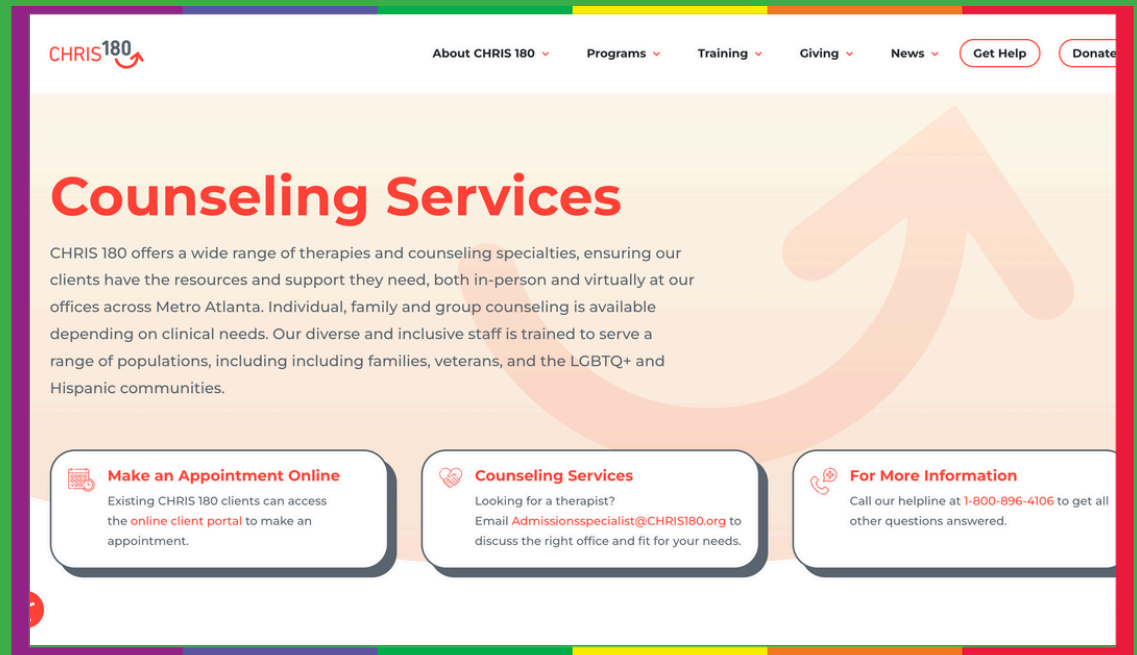
FOR EVERYONE



Spotlight on CHRIS 180! This Atlanta-based nonprofit is one of the Southeast's leading mental health, child welfare, and family service organizations, empowering families and providing support for children. Since the 1980s, CHRIS 180 has been at the forefront, advocating for LGBTQ+ rights and championing mental health within this community. You can explore their LGBTQ+ history on their website: <https://chris180.org/lgbtq-history/>

ACTION

From art therapy to child-parent psychotherapy, explore their wide range of mental health programs and services
chris180.org/counseling-services/



FOR YOUTH

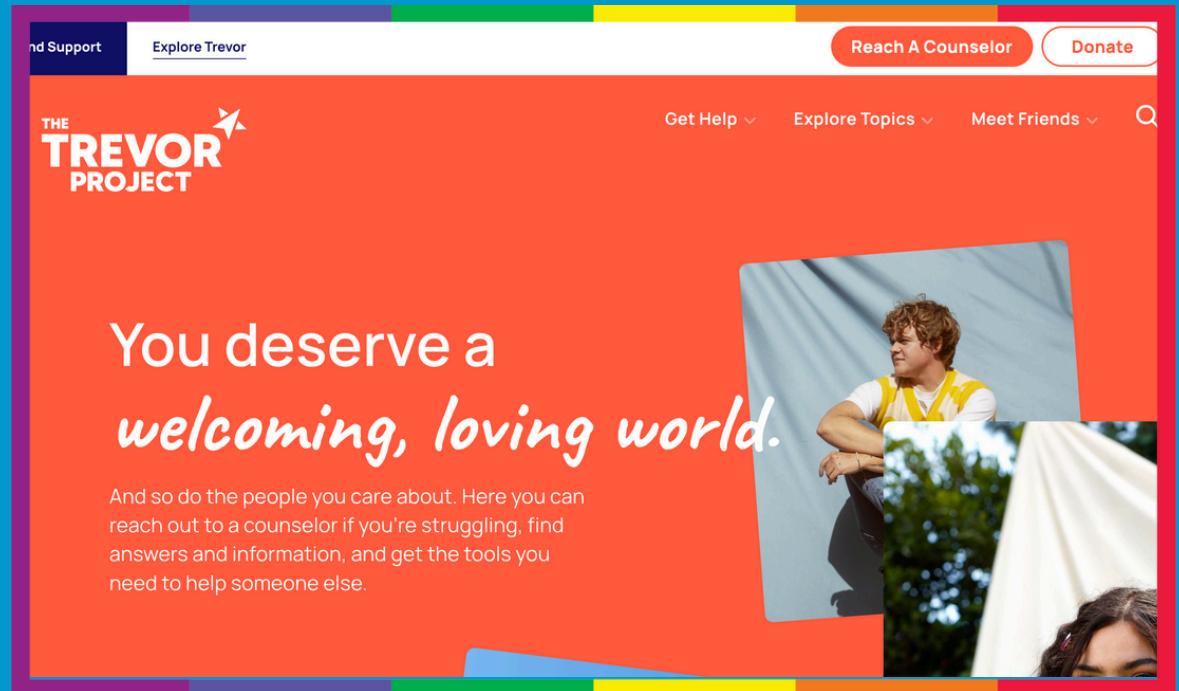


The Trevor Project is a crucial resource for LGBTQ+ young people, with an organization mission centering around suicide prevention among LGBTQ+ youth. They offer a variety of mental health supports. Check them out below!

ACTION

GET TO KNOW THE TREVOR PROJECT'S SUPPORT SERVICES FOR YOUNG PEOPLE:

- ✦ **24/7 Crisis Support:** Reach out anytime via call, text, or chat to confidentially talk to trained counselors.
- ✦ **TrevorSpace:** Connect with an international community of LGBTQ+ young people aged 13–24.
- ✦ **Resources:** Explore topics like sexual orientation, mental health, and community resources on their website.

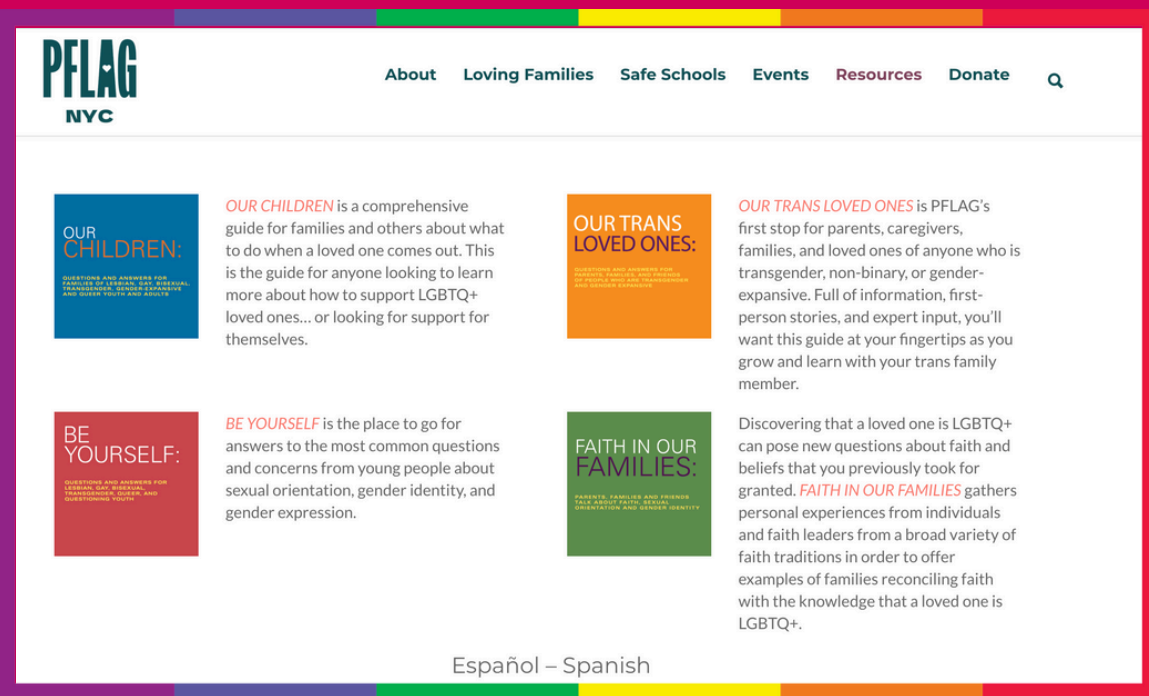


FOR URGENT SUPPORT TEXT OR CALL 988, OR CALL THE GA CRISIS AND ACCESS LINE: 1-800-715-4225

FOR PARENTS & CAREGIVERS



PFLAG (Parents, Families, and Friends of Lesbians and Gays) is an organization that provides support, education, and advocacy for LGBTQ+ individuals and their families. If you're a parent or family member of a child who identifies as part of the LGBTQ+, PFLAG offers valuable resources to help you better understand and support your loved one.



ACTION

Visit this [PFLAG's webpage](#) for a comprehensive list of materials and guides for supporting your LGBTQ+ child.

Additionally, you can find [a local \(or virtual!\) chapter or meeting](#) to connect with other parents of LGBTQ+ youth.



FOR EDUCATORS & PROFESSIONALS



Approximately 54% of transgender and nonbinary young people found their school to be gender-affirming. Those who experienced a gender-affirming environment reported lower rates of attempting suicide. Creating a safe and supportive school environment where LGBTQ+ youth feel connected to caring individuals is crucial for promoting their health and well-being.

ACTION

This [CDC Brief](#) provides key learning objectives that schools and school districts can incorporate into their professional development offerings. These objectives help teachers and other school staff build core competencies for supporting LGBTQ+ youth in schools.

A screenshot of the CDC Adolescent and School Health website. The page title is 'Creating Safe Schools for LGBTQ+ Youth'. The left sidebar shows a navigation menu with categories like 'Classroom Management', 'Health & Academics', 'Health Education', 'Whole School, Whole Community, Whole Child (WSCC)', 'Program Tools', 'Safe and Supportive Environments', 'Classroom Management', and 'Supporting LGBTQ Youth'. The main content area includes a 'Print' link and a paragraph stating: 'This brief provides key learning objectives that schools and school districts can incorporate in their PD offering to help teachers and other school staff build core competencies for supporting LGBTQ+ youth in schools.' Below this is another paragraph: 'Lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ+) youth are more likely than non-LGBTQ+ youth to experience violence at school and have lower levels of school connectedness.' A link for 'Professional development (PD)' is provided. An illustration of two people holding hands is visible on the right side of the page.

The logo features the word "FREE" in large, colorful, block letters (blue, yellow, pink, green) with a black outline. Below it, the word "your" is written in a black, cursive script. Underneath "your" is the word "FEELS" in large, colorful, block letters (pink, green, yellow, blue, pink) with a black outline. A small "TM" trademark symbol is located to the right of "FEELS". The entire logo is set against a white, hand-drawn speech bubble shape. The background of the slide is a vibrant rainbow gradient, with a white, hand-drawn rectangular frame on the right side.

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QUESTIONS? CONTACT

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