

Take PRIDE in Your Mental Health

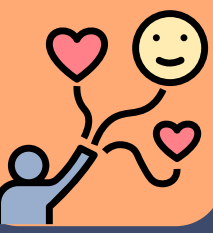
Pride is a time to celebrate and reflect on the history of the LGBTQ2S+¹ community, support their rights, and uplift their voices. There is a lot that goes on during this time, so use the following guide to mindfully manage your mental health during pride month (and beyond!)

MANAGE THE PRESSURE



If you're not ready to come out yet, Pride month can seem like an overwhelming time. It's ok to celebrate and support while keeping your identity to yourself until you are ready.

BE GENTLE ON YOURSELF



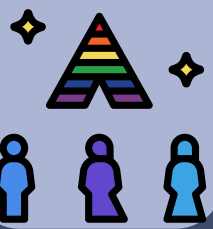
The LGBTQ2S+ spectrum is broad and ever-expanding. Maybe you are not sure where you land on the rainbow, and that's ok. Gender and sexuality are fluid, and we shouldn't expect people to put themselves in a box. Just like there is no pan-Latinx culture, there is no one way to be LGBTQ2S+

DISCONNECT & RECONNECT



While we can't ignore the current political and social climate, it can be a major source of anxiety. Take a break from the news and social media cycles and chat with a friend, spend time outdoors or reconnect with a more positive source of energy.

REMEMBER, YOU ARE NOT ALONE



Pride month is a reminder that you are part of a larger community, including members and allies who come together to celebrate your right to be your authentic self. Nowadays, you can find LGBTQ2S+ communities that are Latinx and offer culturally-specific support, such as *EI/La Para TransLatinas* and *QLatinx*.

KNOW HOW & WHERE TO ASK FOR HELP



In case it does get overwhelming, there are resources to help. You can reach a trained counselor at The Trevor Project at 866-488-7386 and Trans Lifeline at 877-565-8860.

Informed by: The Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health

¹ LGBTQ2S+ is an abbreviation for Lesbian, Gay, Bisexual, Transgender, Queer, and 2-Spirit, while the plus (+) sign represents other sexual identities, such as pansexual.