

# “HOPE. STRENGTH. VISIBILITY.”

Pride is more than a celebration - it is resilience, recovery, and visibility.

Many LGBTQIA+ people grow up feeling pressure to hide who they are due to fear, shame, stigma, or rejection. Over time, this can seriously impact mental health and contribute to anxiety, depression, trauma, and addictive behaviours.

**RISE WITH PRIDE is about choosing authenticity, connection, and hope.**

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## When people feel safe to be themselves:

- Confidence grows
- Mental health improves
- Recovery becomes possible
- Shame reduces
- Communities become stronger

## How We Help People Rise

- Create psychologically safe workplaces
- Encourage open conversations
- Support recovery compassionately
- Celebrate authenticity
- Choose kindness daily

## MYTH VS FACT

**MYTH:** “Pride is just a party.”

**FACT:** Pride began as a movement for safety, equality, dignity, and human rights.

## KEY MESSAGE

When people are supported to live openly and authentically, healing becomes possible.

***We rise together.***



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