

# “NO PRIDE WITHOUT INCLUSION”

“There is no pride for some of us without liberation for all of us.”

Pride must include everybody - especially those who continue to face the greatest barriers to safety, wellbeing, and support.

Many LGBTQIA+ people, particularly trans and marginalised communities, experience:

- Mental health inequality
- Discrimination and harassment
- Isolation and rejection
- Increased risk of addiction and self-harm
- Difficulty accessing safe support

***Affirmation, inclusion, and compassion can dramatically improve mental health outcomes and reduce shame, fear, and isolation.***

What Inclusive Support Looks Like

- Respect names and pronouns
- Avoid assumptions
- Include diverse voices
- Make support accessible
- Challenge discrimination openly



## MYTH VS FACT

**MYTH:** “Using pronouns is political.”

**FACT:** Respecting somebody’s identity helps create psychological safety and belonging.

## KEY MESSAGE

Nobody should have to hide who they are to feel safe, supported, or worthy of care.

***Pride belongs to all of us.***



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