

PRIDE MONTH - MENTAL HEALTH MATTERS

LIVE PROUD, LIVE WELL

You don't have to be LGBTQ+ to support equality and mental health.

RISKS

- **Gay and trans people are at greater risk for anxiety, depression, and suicidal thoughts.**
- **Stigma, discrimination, and rejection can lead to isolation and poor mental health.**
- **46% of young LGBTQ+ people have considered suicide.**

SUPPORT

- **Acceptance and affirmation significantly improve mental health.**
- **Address discrimination and provide inclusive, supportive environments.**

BE AN ALLY

- **Listen non-judgmentally to LGBTQ+ people**
- **Educate yourself about gay and trans issues.**
- **Stand up against homophobia and transphobia**



HELPLINE - 07897073682 | SIX MHA APP CODE - MKM-106-344

