

LGBTQ+ Mental-Health Awareness

Mental-health conditions do not discriminate based on race, color, gender or identity.

The LGBTQ+ community is diverse and strong, but may be disproportionately at-risk for suicidal feelings and other mental health struggles because of the discrimination and prejudice they too often are up against.



Shocking LGBTQ+ suicide rates

Emotional story about why, and where there is hope

How to Take Care of Yourself

- **Know that you are not alone.** LGBTQ+ people are everywhere, and many have experienced similar joys and struggles. *This is a caring workplace where you are encouraged to ask for support.*
- **Build a support network in your life** who will keep you safe and who you can lean on if you feel depressed or suicidal.
- **Talk to someone.** Lean on your support network, find a therapist or get 24/7 help through the National Suicide Prevention Lifeline at **800.273.8255**.
- **Make a safety plan.** Have a step-by-step plan ready for if/when you feel in-crisis.

Get help building a network and making your safety plan here:



Source: <https://suicidepreventionlifeline.org/help-yourself/lgbtq>



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