

Coming Out



WHY WE MADE THIS

Deciding to come out as part of the LGBTQ+ community is a major moment in a person's life. Everyone goes through this journey differently.

Most LGBTQ+ people live their early lives afraid of anyone finding out about their identity, so deciding to share that identity can be stressful and overwhelming.

You are not alone in this journey.

If you're thinking of coming out, here's some things to consider.

Your identity might change throughout your life. That's okay. Coming out doesn't mean you are locked into that one identity for the rest of your life.

You don't need to be 100% sure of your identity before you tell someone about it.

DECIDING NOT TO COME OUT

Many people in the LGBTQ+ community never decide to come out. That is also okay.

A person may not come out if they feel unsafe, if they don't want to, if they don't know how to, or if they just don't think it's anyone else's business.

People may not come out because of a job, family, friends, or faith.

All of these reasons are okay.

COMING OUT CHECKLIST 

- ☐ **Learn and integrate new language that feels like the best fit for describing yourself**
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- ☐ **Consider writing down what you want to communicate to people**
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- ☐ **Think about the important people you want to tell**
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- ☐ **Practice with a friend if you can**
- ☐ **If possible, identify a safe place where you can go afterwards, in case you need to remove yourself from an unsafe situation.**

THERAPY

A one-on-one therapist or group therapy can be a great resource when coming out. You can find LGBTQ-affirming therapists to meet in-person, over the phone, or through video chat.

Starting therapy can look like this:



Identify your goals

Begin thinking about what you want to accomplish in therapy. If you have trouble identifying areas in which you need help, your therapist will work with you to set these goals.

Finding a therapist

- Seek referrals from friends, healthcare centers, or community centers
- Ask your insurance provider
- Use online mental health professional directories

Choosing a therapist

-  Reach out. Making that first call might feel overwhelming, and that's okay.
-  Ask questions about what experience they have working with others who identify like you do. Ask if they have certifications or training specific to working with the LGBTQ+ population.

Are they a good fit?

You may not end up working with the first therapist you reach out to - that's perfectly okay.

Once you find a therapist you feel good about, you can begin meeting with them and building a relationship based on trust.