

no
wrong
time,
no
wrong
way.



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.

You are not alone.

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.

All of these reasons are okay.

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let's talk about

coming out



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...

1. 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.

What are some things you would want from therapy?

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2. find a therapist

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

3. choose 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.