

My LGBTQ+ Wellbeing Plan

Bring together what supports your identity, safety, connection and emotional wellbeing in a way that feels right for you.

Things that help me feel affirmed

People who make me feel safe

My signs that I am doing well

My signs that I need more support

Situations that can affect my wellbeing

Boundaries that protect me

Communities, spaces or activities that support me

If I am struggling, my first support step is...

Something I want to remember about my worth...

My next gentle step is...
