

My LGBTQ+ Support Network

Support can come from friends, chosen family, relatives, professionals, colleagues, community groups or people who simply make space for you.

People who affirm me

People I feel emotionally safe with

Someone I can contact when I am struggling

Communities or spaces that feel supportive

Professional support available to me

What I need from people who support me

What is unhelpful for me

One connection I would like to strengthen is...