



PRIDE AND MENTAL HEALTH: SUPPORT THAT CELEBRATES YOU



► CELEBRATE WHO YOU ARE

Pride Month is a time to honor identity, expression, and belonging. Celebrating who you are—openly or privately—can be a powerful act of self-care. Pride is not just a celebration; it's a reminder that you deserve to be seen, valued, and supported.

► KNOW YOU'RE NOT ALONE

Many LGBTQ+ individuals face unique mental health challenges—but you're not alone. Community, allies, and support systems exist. Sharing your experience or connecting with others can reduce isolation and increase emotional resilience.



► FIND SPACES THAT FEEL SAFE

Psychological safety is essential for well-being. Whether online or in person, seek out environments where you feel accepted and respected. Safe spaces offer more than comfort—they help you heal, grow, and thrive.



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► PROTECT YOUR PEACE

Dealing with bias, exclusion, or pressure to hide your identity can lead to chronic stress. It's okay to feel the impact. Rest, set boundaries, and speak to a trusted support person when needed. Your feelings are valid, and your health comes first.

► PRACTICE SELF-COMPASSION

Be gentle with yourself. Mental health isn't about being positive all the time—it's about giving yourself care when things are hard. Whether it's journaling, rest, movement, or expression, do what helps you feel grounded and affirmed.



► BE AN ALLY TO YOURSELF AND OTHERS

Support starts with compassion—for yourself and those around you. Respect your needs, uplift others, and know that asking for help is always okay.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support for stress, identity concerns, and emotional well-being. Whether you're seeking resources for yourself or someone you care about, our team is here—judgment-free and inclusive. Log in or call us anytime.