

# Taking Pride in Your Mental Health:

## A Celebration of Joy, Strength, and the Power of Community

Pride is more than a moment — it's an affirmation that queer and trans people are here, have always been here, and that we will continue to thrive. It's as much of a celebration as it is a movement and a lifeline. Pride is also a good time to check in on each other!

Taking care of our mental health is so important. It helps us dream and find spaces where we can be whole. These spaces can be a crowd, a small chosen family, something in between, or none of the above. **When we embrace our well-being, we tell the world that we have every right to our existence, joy, and power.**



**BE  
PROUD**

## Rest and Play Are Self-Care

As 2SLGBTQIA+ people, we're facing ongoing efforts to silence and erase us. But we're here. And in that presence, there is power — in our laughter, love, and the way we hold space for each other.



- Movements that last are movements that rest.
- Taking care of yourself — allowing yourself to play, create, and celebrate — is a radical act. It says we won't be diminished.
- Find what feeds you. Joy doesn't have to be loud to be revolutionary — it only has to be yours.
- Give yourself permission to rest. Your peace is sacred. Let yourself dream.
- Celebrate in the ways that feel right for you.

## Community as Protection, Community as Power

Pride is a reminder that we keep each other safe. Across history, our 2SLGBTQIA+ communities have been sanctuaries — and those communities can take many different shapes and sizes. **You are not alone.**

- When we show up for each other, we create something stronger and more protective.
- Belonging is found in small towns, big cities, online spaces, and more.
- Community exists in places where we're free to be ourselves.



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## Honoring Every Part of Who We Are

Intersectionality reminds us that our experiences of queerness, transness, and gender expansiveness are shaped by many other aspects of who we are — including race, culture, disability, income, and lived experience. **You do not have to choose between being yourself and belonging.**

- Queerness is interwoven with every part of our identity, making us stronger.
- To be 2SLGBTQIA+ and a person of color is to hold multiple histories, cultures, and truths at once. You are whole. You always have been.
- For student athletes, performers, and those in spaces where 2SLGBTQIA+ identities are still challenged — your presence matters.
- We are allowed to be complex, evolving, and all of ourselves at once.

## Taking Action for Your Well-Being

Taking care of your mental health is an act of survival, resistance, and love. Whether you're celebrating at a Pride event, resting in your room, meeting up with friends, or just trying to get through the day, you're already helping yourself.

- You do not have to justify your need for care. You don't have to carry everything alone.
- Get outside if it feels safe. Nature, movement, and fresh air can sometimes shift what feels possible.
- Find 2SLGBTQIA+-affirming spaces and support. Your mental health deserves care that respects every part of you.



## Mental Health Resources

### The Trevor Project (24/7 support for 2SLGBTQIA+ young people)

- Trevor Lifeline: 1-866-488-7386
- TrevorChat: [TheTrevorProject.org/Get-Help](https://www.thetrevorproject.org/get-help)
- TrevorText: Text START to 678-678

### 988 Suicide & Crisis Lifeline

- Call or text: 988
- Chat: [988lifeline.org/chat/](https://988lifeline.org/chat/)

**Find additional 2SLGBTQIA+ mental health resources at**  
[TakeAction4MH.com/toolkit-categories/2025-pride/](https://TakeAction4MH.com/toolkit-categories/2025-pride/)

