

HAVE A HAPPIER PRIDE MONTH

Mental health and LGBTQ+ Pride



Pride Month Began in 1970 as a way to **honor the events of the Stonewall Uprising** and marked a turning point that fueled the gay rights movement. Today there are pride celebrations nationwide that include parades, concerts, and festivals

1970

TODAY

The rights and position of LGBTQ+ people is still precarious in this country, meaning that **pride month is still as important** as ever. Pride month **helps create a safe space** for LGBTQ+ people to exercise self expression in community.

Amidst the challenges faced by LGBTQ+ people: mental health can be the first thing to take a toll. Thankfully, there is a wide range of mental health services available around Suffolk, VA that are safe and affirming providers:

Western Tidewater CSB

Thriving Transmen of Color

Region-Five Crisis Line

The Trevor Project

LGBT Life Center

IMI.com

Trans Lifeline

