

# Handling The Holidays In a Non-LGBTQ+ Affirming Environment

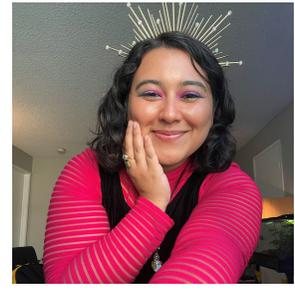
*Presented by Mental Health America and Sutter Health*



**Kat McIntosh (they/them)**  
Mental Health America



**Phii Regis (they/them)**  
Human Rights Campaign



**Marissa Howdershelt (they/them)**  
Student Advocate

## Key Takeaways

- Regardless of how your family responds to you coming out, you're deserving of safety, security, and love. If that's not what you're getting at home, look for opportunities to create boundaries for yourself and uphold those. This might look like only visiting for one holiday per year, or finding your own place to stay nearby so that you can spend time together while also having your own space. Aim to balance giving yourself what you need while also honoring your desire to connect with your family of origin.
- Self-care can be as simple or as complicated as you want it to be – check in with yourself on your energy level and how you can accommodate that. Things like sleeping in, enjoying a favorite snack, or catching up on your favorite TV show are low-effort ways to show yourself some love. Journaling or exercising take a bit more effort, but spending that time and energy on yourself might be exactly what you need.
- Chosen families have a long and important history in the LGBTQ+ community - you can love your friends in the same way that we are told to love our biological family. If you're in a good spot yourself but have friends who find this time of year challenging, be proactive about checking in with them, asking what kind of support they'd like, and following up.

## Additional Resources

**Online Mental Health Screening (MHA)** - [www.mhascreening.org](http://www.mhascreening.org)

**IAMNOTALONE (MHA)** - [www.iamnotalone.mhanational.org](http://www.iamnotalone.mhanational.org)

**LGBTQ+ Mental Health hub (MHA)** - [www.mhanational.org/lgbtq](http://www.mhanational.org/lgbtq)

**QTBIPOC Mental Health hub (HRC)** - [www.hrc.org/resources/qtbi poc-mental-health-and-well-being](http://www.hrc.org/resources/qtbi poc-mental-health-and-well-being)

**Coming Out Center (HRC)** - [www.hrc.org/explore/topic/coming-out](http://www.hrc.org/explore/topic/coming-out)

**New Deal for Youth Policy Platform on Healing and Well-Being** - [www.newdealforyouth.org/our-issues/#healing](http://www.newdealforyouth.org/our-issues/#healing)

**The Trevor Project** - [www.thetrevorproject.org](http://www.thetrevorproject.org)

**For immediate support,  
call 1-866-488-7386 or text 678-678  
to reach a trained crisis counselor.**



**Watch the recording at [mhanational.org/webinars](http://mhanational.org/webinars).**