

Prioritize Your Mental Health – You Matter!

Mental health is just as important as physical health, and as a member of the LGBTQ+ community, your well-being deserves attention and care. Take actionable steps to prioritize your mental health and find the support you need.



Tips for Improving Your Mental Health:

- **Embrace Self-Love and Acceptance:**
 - Celebrate who you are, unapologetically. Self-acceptance is the first step toward mental well-being.
- **Build a Supportive Network:**
 - Surround yourself with people who affirm and support your identity. Connect with LGBTQ+ groups or allies who uplift you.
- **Set Healthy Boundaries:**
 - Protect your mental space by saying “no” when necessary and distancing yourself from negativity.
- **Reach Out for Support:**
 - If you’re struggling, reach out to mental health professionals experienced in LGBTQ+ issues. There’s no shame in seeking help.
- **Practice Mindfulness and Stress Relief:**
 - Engage in activities like meditation, yoga, or deep breathing to reduce anxiety and stress.
- **Remember, You Are Not Alone:**
 - The journey to mental well-being is unique, but you have the strength to thrive.
 - Your identity is valid, and you deserve love, respect, and peace of mind.
- **Take Action Today:**
 - Start small—whether it’s reaching out to a friend, taking a moment to breathe, or talking to a counselor. Your mental health matters, and there is support out there for you!

You are loved. You are valid. You are enough.



Atlantic
Health System



Let's Stand Together to Raise
Mental Health Awareness

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Resources for the LGBTQ+ Community

If you or someone you know is in immediate crisis, please contact the **9-8-8 Suicide & Crisis Lifeline** by dialing 9-8-8. This service is available 24/7 nationwide and provides free, confidential support.

2nd Floor Youth Helpline

1-888-222-2228

2ndfloor.org/get-help/

A 24/7 confidential helpline offering support, information, and local resources for youth aged 10-24.

NJ PRISM (LGBTQ+ Resource Center)

1-844-657-7476

pride-center@centerffs.org

Provides information and referrals to LGBTQ+ services and programs across New Jersey.

Trevor Project Lifeline

1-866-488-7386

Text "START" to 678678

thetrevorproject.org

Offers 24/7 crisis intervention and support for LGBTQ+ youth.

Garden State Equality

1-973-259-3370

gardenstateequality.org

New Jersey's largest LGBTQ+ advocacy organization, providing support and resources statewide.

PerformCare (Children's System of Care)

1-877-652-7624

performcarenj.org

Offers behavioral health services and support for children and adolescents, including LGBTQ+ youth.

SAGE LGBTQ+ Elder Hotline

1-877-360-LGBTQ+ (1-877-360-5428)

sageusa.org

Provides support and information about LGBTQ+ elder housing resources.

Remember, reaching out for help is a sign of strength, and there are people ready to support you!