

# Suicide Prevention

# PRIDE MONTH

Information + Resources

## What is Pride Month?

Pride Month is celebrated the entire month of June and is dedicated to the uplifting of LGBTQ voices, celebration of LGBTQ culture, and the support of LGBTQ rights.

## Why is it celebrated in June?

Pride Month both commemorates and celebrates LGBTQ activism and culture through the years, beginning with the Stonewall uprising in June 1969. [Click here to learn more.](#)

## Protective Factors for the LGBTQ Community Include:

- Increasing family acceptance and affirmation of one's LGBTQ identity. Reducing anti-LGBTQ stigma and prejudice.
- Reducing bullying and other forms of victimization.
- Increasing access to LGBTQ-affirming physical and mental health care.
- Increasing legal protections from discrimination all play a role in promoting wellbeing in the LGBTQ community.

[Reference linked here](#)

## Resources:

- [The Trevor Project - Crisis Services](#)
- [The Trevor Project: 2022 National Survey on Youth Mental Health](#)
- [Sexual Orientation and Gender Identity \(SOGI\) Youth Advocacy Council](#)
- [Vibrant Emotional Health - Pride Resources](#)
- [How to Help LGBTQ+ Employees Flourish](#)
- [Pronoun Policies for HR Teams](#)
- [Transgender Mental Health - a video lecture by Dr. Antonia Caretto](#)
- [American Foundation for Suicide Prevention - Mental Health and Suicide Prevention](#)

## LGBTQ

## Suicide Prevention Resources

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
Veterans: Press 1

### Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7

### The Trevor Project

TrevorLifeline: Available 24/7 at 1-866-488-7386

TrevorText: Text TREVOR to 1-202-304-1200

TrevorChat: Via [thetrevorproject.org](https://thetrevorproject.org)

### Trans Lifeline

Support for transgender people, by transgender people  
1-877-565-8860

### SAGE LGBT Elder Hotline

Peer-support and local resources for older adults  
1-877-360-LGBT (5428)

### The LGBT National Hotline

Peer-support and local resources for all ages  
1-888-843-4564

[afsp.org/lgbtq](https://afsp.org/lgbtq)



American  
Foundation  
for Suicide  
Prevention