

Finding empathy and acceptance

LGBTQ+ support and well-being

For many, the path to living authentically as a member of the LGBTQ+ community isn't simple or easy. It can include isolation, conflict, disbelief, and rejection, even from those closest to you. Know that you aren't alone. Tens of millions of people in the U.S. alone identify as LGBTQ+.*

What can you do?

- **Write down your thoughts.** Journaling helps many people sort out their feelings and emotions.
- **Seek community.** Find a local community group. Meeting others with similar experiences can provide needed support.
- **Listen to those who know.** Many articles, podcasts, and videos address these topics. They can show you that you're not alone and provide valuable insight.
- **Appreciate all parts of you.** There are many things that make you unique and valuable. Take a moment to remember your full value and worth.
- **View others with compassion.** This may help you see yourself in a kinder light, too.
- **Talk to an empathetic expert.** The 988 Suicide & Crisis Lifeline helps those in crisis. Carelon Wellbeing also provides 6 counseling sessions at no cost. Give us a call.

The tips above also apply to family members who want to better support their LGBTQ+ loved ones. If we all strive together, we can create a world where everyone is welcomed for being their true self.



We're here to help

Your benefits, including confidential counseling sessions and extensive well-being resources, are available 24/7 at no extra cost to you.

Call: 866-934-2588

carelonwellbeing.com/genesco



* Pew Research Center, *5 key findings about LGBTQ+ Americans* (accessed November 2023); pewresearch.org.