

You don't have to
**FIGURE IT
OUT ALONE.**

SUPPORTING YOUR CHILD STARTS WITH **LOVE**



When a child comes out, it is completely normal for parents to feel a mix of emotions—from deep love to uncertainty about what comes next. If you are navigating this journey right now, please know that you do not have to figure it all out alone.

Small, intentional changes in how we show up for our kids can make a world of difference. Research shows that family acceptance is associated with better mental health outcomes and can be a powerful protective factor for LGBTQ+ youth.

RESOURCES FOR PARENTS & FAMILIES

If you are looking for a place to start, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers a compassionate resource: A Practitioner's Resource Guide: Helping Families to Support Their LGBTQ+ Children. Don't let the word "practitioner" fool you—this guide is incredibly approachable and filled with practical ways to create a home where your child feels safe, loved, and supported.



SAMHSA
Family Support Guide
<https://bit.ly/4eg55Rm>

*Love first. Learn together.
Grow together.*

Loving our kids means learning alongside them. We don't have to have all the answers today. What matters most is that our children know they are loved, valued, and never alone.



Here are a few additional trusted resources:

Find Community

Parents, Families, and Friends of Lesbians and Gays (PFLAG) Connect with other parents and families through PFLAG's Chapter Locator:

<https://pflag.org/findachapter/>

Step-by-Step Support

The Strong Family Alliance Parent Guide offers gentle, practical guidance created by parents, for parents:

<https://www.strongfamilyalliance.org/parents/>

24/7 Support for LGBTQ+ Youth

The Trevor Project provides free, confidential crisis support by phone, text, or chat:

<https://www.thetrevorproject.org/get-help>

Immediate Crisis Support

Call or text 988 anytime to reach the 988 Suicide & Crisis Lifeline:

<https://988lifeline.org/>

To learn more about accessing MiraVista's inpatient mental health treatment for adolescents and adults, please call 413-264-3042.