

Principles of Support

1. We recognize every gender identity and sexual orientation as valid.
2. We affirm that LGBTQ+ identities are NOT mental illnesses, though LGBTQ+ people may live with mental illnesses.
3. We will see the person first, not the illness.
4. We recognize that mental illnesses are medical illnesses that may have environmental triggers.
5. LGBTQ+ people may experience traumatic circumstances and events.
6. We recognize all LGBTQ+ people are in a different place in their journey.
7. We aim for better coping skills.
8. We find strength in sharing experiences.
9. We reject stigma and do not tolerate discrimination.
10. We won't judge anyone's pain as less than our own.
11. We forgive ourselves and reject guilt.
12. We embrace humor as healthy.
13. We accept we cannot solve all problems.
14. We expect a future that is ours to shape.
15. We will never give up hope.