



LET'S  
TALK.

## **Let's Talk: Find support that's right for you.**

**You deserve affirming, inclusive support. Here's how to find it.**

Finding a provider who understands your LGBTQIA+ identity — and any other identities you hold — is key to getting the right care.

### **Start your search.**

- Use sites like Psychology Today to filter by identity, therapy style, and cost. For example, you can see someone who specializes in or has your shared identity — or both!
- Join online LGBTQIA+ support groups for trusted recommendations of mental health support.
- Check faith-based groups or nonprofits — they may offer LGBTQIA+ mental health programs.

### **Ask people you trust.**

- LGBTQIA+ centers, online communities, or friends can help connect you with affirming professionals.

### **Find a safe space.**

- Look for Pride flags, LGBTQIA+ books, or welcoming language in provider offices — these signs can show inclusivity.



## **Build your own support system.**

Surrounding yourself with the right people can make all the difference.

### **Join LGBTQIA+ events and groups.**

- Support groups, meetups, and advocacy events can help you find people who understand your experience.
- Even informal spaces — like drag shows or cultural gatherings — can provide emotional support.

### **Peer support matters.**

- Talking to others with shared experiences can be a powerful way to find understanding and validation. Your chosen family — people who affirm and uplift you — can be just as important as traditional support.

## **Need immediate support?**

Call or text 988, or chat at [988Colorado.com](https://988Colorado.com) to connect with trained mental health specialists. Free. Confidential. 24/7.

**You deserve support  
in spaces that feel  
natural and safe.**



Find more helpful tips at  
[LetsTalkCO.org](https://LetsTalkCO.org)

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