



MENTAL HEALTH MATTERS

A MONTHLY NEWSLETTER FROM ATLANTIC BEHAVIORAL HEALTH

MENTAL HEALTH IN THE LGBTQ+ COMMUNITY | JUNE 2023

Take the **PRIDE** Journey

Summer is on the horizon, and this is a time when we think about planning a trip or going on a journey. This month we invite you to take the **PRIDE journey**. As with any journey, we may not know what we will learn, who we will meet or how we will be changed or impacted, but we can set out a destination for our travels. The destination for our **PRIDE journey** is a place where all people are respected for who they are, are safe to express their sexuality and identity, and are treated equally under the law.

With this trip, there is no set itinerary, but to begin to plan for your journey, you might want to learn some history about why a **PRIDE journey** is a desirable experience for all. Here are some historical facts to make your trip meaningful and interesting:

“The organized pursuit of LGBTQ+ rights in the United States reaches back to at least 1924 and the founding of the Society of Human Rights in Chicago by Henry Gerber.” [Why Is Pride Month Celebrated in June? | Britannica](#)

“Although “gay power” had been proposed as the slogan for the march, it was argued that the movement had yet to be politically empowered but that its members felt great pride in their sexual identity. Thus, it was decided that the march’s theme would be “gay pride.” [Why Is Pride Month Celebrated in June? | Britannica](#)

The Importance of **PRIDE** & Mental Health

PRIDE is an acronym for **Personal Rights in Defense and Education**. Pride Month is celebrated annually in June to honor the 1969 Stonewall riots and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, queer, questioning, intersex, pansexual (LGBTQ+) Americans. [pride month june](#)

Pride is a space where people in the LGBTQ+ community can connect. For many, it’s very empowering and validating to see your identity in the community around you. It also celebrates the rich history of the LGBTQ+ rights movement. This includes both pain and celebration. Feeling connected in a community is linked with positive health.

Raising LGBTQ+ Voices – The Pride Journey

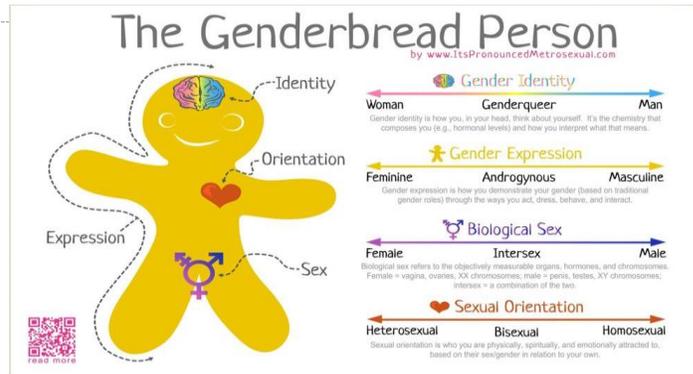
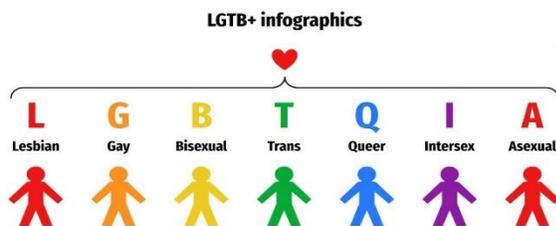
The **PRIDE** journey will take you to places that can be both beautiful and challenging. It will be filled with deep history, interesting conversations, local flair, and culture.

Here are a few things to consider as you plan your **PRIDE** journey:

When should I go on my journey?

The PRIDE journey begins June 1 and goes throughout the month. Check out local events and happenings in your area. You can also visit [LGBTQ+ Services \(atlanticealth.org\)](https://atlanticealth.org/LGBTQ+Services) highlights specific departments and a “Find a Doctor” search & [LGBTQ+ Resources \(atlanticealth.org\)](https://atlanticealth.org/LGBTQ+Resources) highlights community resources.

Learn the Local Language and Terminology:



What Should I Wear?

Rainbow

Wearing a rainbow wristband or tee-shirt tells people you are a friend and ally and supporter.



“In the 1970s, Harvey Milk, the first openly gay elected official in California, challenged activist Gilbert Baker to design a symbol of hope for the gay community.” Rainbow Pride Flag: The history of the LGBTQ flag and community symbol (usatoday.com). The “new” Progress Pride flag was developed in 2018 by Daniel Quasar. Based on the iconic rainbow flag from 1978, the redesign celebrates the diversity of the LGBTQ community and calls for a more inclusive society.

Here is some information of the meaning of the PRIDE rainbow:

“Together, the Pride Flag's six rainbow colors symbolize **hope**, and each also has its own meaning:

- Red:** Life
- Orange:** Healing
- Yellow:** Sunlight
- Green:** Nature
- Blue:** Peace or serenity
- Purple:** Spirit



Coming Home:

When you come back from your PRIDE journey, reflect on what you learned, who you met, and the impact the journey had on you. Ask yourself:

- How can I help my LGBTQ community?
- What can I do to support the vision of equality and respect for all?
- What have I learned along the way?



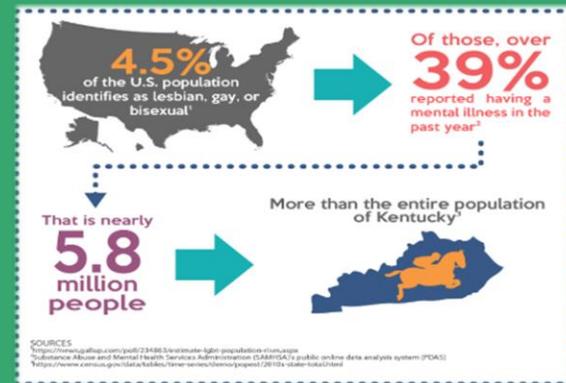
Mental Health Issues for the LGBTQIA+ Community

According to data collected by the Substance Abuse and Mental Health Services Administration, 4.5% of the U.S. population identifies as lesbian, gay or bisexual. Being part of the LGBTQIA+ community can be a source of strength and pride and can also come with serious challenges as our communities learn to accept and make room for everyone.

LGBTQ people are more likely to be victims of abuse and discrimination which contributes to higher rates of mental health issues and suicide. [LGBTQI | NAMI](#):

[National Alliance on Mental Illness](#)

- Research suggests that LGBTQ+ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights.
- Further, many people experience rejection from their families or loved ones when they come out. An estimated 29% of LGBTQ+ youth have been kicked out of their homes, run away, or become homeless.
- The [Trevor Project's 2020 National Survey](#) reports that one in three LGBTQ+ youth have been physically threatened or harmed due to their identity.
- According to the [National Survey on LGBTQ+ Youth Mental Health 2021](#) by the Trevor Project, 42% of LGBTQ+ youth considered attempting suicide in the past year. This included more than half of transgender and nonbinary youth.



The PRIDE Journey

Have you ever travelled somewhere and thought, "This is where I belong, I want to live here?" Those feelings of anticipation and delight have inspired people in all cultures to find ways to express themselves. Some of those words are:

- ✚ *Resfeber* (n) - Origin – Swedish - The tangled feelings of fear and excitement before a journey begins.
- ✚ *Querencia* (n) Origin: Spanish - The place where you are your most authentic self, from where strength is drawn, where you feel at home.

Taking the **PRIDE** journey and finding an LGBTQ+ community can feel like traveling to a new land. It is also like finally coming home "querencia". To be in a place where you are welcomed for who you are, accepted and free to just live your life is the gift of "Coming Out" and the journey back to your authentic self. It can also have some "Resfeber" – the tangled feelings of fear and excitement before a journey begins.

If you or someone in your household may harm themselves or someone else:

National Suicide Prevention Lifeline: 988 is a free, anonymous, 24/7 helpline and chat service for anyone struggling with issues related to suicide.

The Trevor Project (1-866-488-7386) open 24/7 specialize in young LGBTQ+ people's mental health.

LGBT National Youth Talk line (1-800-246-7743) open 24/7 with trained peer counsellors ready to talk about mental health, dating, coming out, sexual health, or anything you need.

If you need to find treatment or behavioral health providers in your area:
[samhsa.gov/find-treatment](https://www.samhsa.gov/find-treatment)



Atlantic Behavioral Health ACCESS Center:

888-247-1400

**Atlantic Behavioral Health Crisis Intervention Services
 24/7 Hotlines:**

Chilton Medical Center: 973 – 831 – 5078
 Hackettstown Medical Center 908 – 454 – 5141
 Morristown Medical Center: 973 – 540 – 0100
 Overlook Medical Center: 908 – 522 – 3586
 Newton Medical Center: 973 – 383 – 0973