

LGBTQIA+ TEEN MENTAL HEALTH



For LGBTQIA+ teens, having caring adults in their lives can make a big difference.

You do not need to have all the answers to be supportive. Listening, being kind, and showing respect can help your teen feel safe and accepted. Using the name and pronouns they ask for and keeping communication open can help build trust

At Rise Wellness, we believe every teen deserves to feel valued, supported, and loved for who they are. Small acts of kindness and acceptance can help young people grow with confidence and feel like they belong.

WHAT YOU CAN DO:

- ✦ **Listen First.** Give your teen space to share their thoughts and feelings. Listening without judgment helps them feel safe and understood.
- ✦ **Use their name and pronouns.** Using the name and pronouns your teen asks for shows respect and helps them feel accepted.
- ✦ **Keep Learning.** It's okay if you don't know anything. Being open to learning shows your teen that you care and want to support them.
- ✦ **Create a safe space at home.** Small actions, like speaking kindly and respecting differences, can help your teen feel comfortable being themselves.
- ✦ **Remind them they are loved.** A simple "I love you" or "I'm here for you" can go a long way. Knowing they have your support can make a big difference.



RISE WELLNESS

CONTACT US



(463) 676-4745



320 N. MERIDIAN ST, #1025



www.risewellnessofindiana.com