

Create the state you want - Coming out!

Coming out can add additional stress and anxiety to someone's life, affecting someone's mental health and self-image.

Directions:

You can draw or use words to imagine what it may be like to come out to someone you trust.

Whether coming out goes as you planned or it doesn't go well, you deserve to be supported and live your life authentically.

If you are looking for more support, check out the "finding your people" section on the Change to Chill for LGBTQ+ Youth page.



This is what “stressed” looks like when I come out.

This is what “stress free” looks like when I come out.

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