![Spring Health]

All About Pride:

Remembering Stonewall and the fight against discrimination

Celebrating Pride Month is an antidote to the discrimination and rejection the LGBTQ+ community faces on a regular basis. It's a way to acknowledge the experiences of the people in the LGBTQ+ community and show your support.

The history of Pride Month

Pride Month was initially a tribute to those involved in the "Stonewall Uprising," a protest advocating for the rights of the LGBTQ+ community. The protest followed the weeks-long, violent raid of the Stonewall Inn in 1969.

During the raid, LGTBQ+ community members were subject to tear gas, homophobic and transphobic slurs, and ongoing violence. This inspired a movement committed to repealing discriminatory laws.

The impact on mental health

People who identify as LGBTQ+ are 2.5 times more likely to experience depression, anxiety, and substance abuse.

When people feel seen, heard, and respected, their feelings of acceptance and belonging increase, which boosts self esteem and mental health overall.

Here's how you can support and celebrate Pride Month

- **Share your story or share the history behind Pride.** Connect with others and engage in empathy by sharing and listening to personal stories.

- **Lead by example.** Demonstrate how to be inclusive and supportive of all people.

- **Speak up.** Speak out if you see or hear someone using offensive language or making disparaging comments.

- **Support LGBTQ+ business in your community.** Make a point to shop and support your local LGBTQ+ community in June and throughout the entire year.

If you are looking for more ways to support, understand, or talk about Pride, Spring Health is here for you. Sign in to book a session, or speak to a Care Navigator for more information about how we can support you.