



Disclaimer

The information in this guide is for self-help and should not replace professional medical advice. If you're experiencing emotional difficulties or feel unsafe, please reach out to a qualified mental health professional. For urgent support, contact Samaritans at 116 123 or text "SHOUT" to 85258. If you're in immediate danger, call 999. Your safety is important, so seek help when needed

BREAKING BARRIERS: FIGHTING **MENTAL HEALTH STIGMA FOR ALL** **GENDERS**

Acknowledge and Validate Feelings

Recognise and accept your emotions. It's important to understand that feeling anxious, sad, or confused about your gender identity is normal and valid.

Seek Support

Connect with supportive friends or family members or join support groups. Sharing your experiences can provide relief and help you feel less isolated.

Educate Yourself and Others

Learn about gender identity and share this knowledge with others to foster understanding and acceptance. Education is a powerful tool in reducing stigma.

Practise Self-Care

Engage in activities that promote your well-being, such as exercise, hobbies, and relaxation techniques. Taking care of your mental and physical health is crucial.

Set Boundaries

Establish clear boundaries with people who may not be supportive. It's okay to distance yourself from negative influences to protect your mental health.

Access Professional Help

Consider seeking help from a therapist or counsellor who is knowledgeable about gender identity issues. Professional support can provide you with strategies to manage your mental health.

Advocate for Yourself

Stand up for your rights and advocate for inclusive policies and practices in your community. Empowering yourself can help reduce stigma and promote acceptance.

Limit Exposure to Negative Media

Be mindful of the media you consume. Avoid content that perpetuates negative stereotypes or misinformation about gender identity.

Celebrate Your Identity

Embrace and celebrate your gender identity. Surround yourself with positive affirmations and people who respect and support you.

These strategies can help you cope with mental health challenges and contribute to reducing the stigma around gender identity.

