

AFFIRMING LGBTQIA+ IDENTITIES AND BUILDING RESILIENCE

society of care 

Morningstar 



Caring for our mental health means taking care of our whole self—mind, body, spirit, and heart. For LGBTQIA+ people, mental wellness also includes being seen, respected, and celebrated for who they are.

MENTAL WELLNESS AND CULTURAL STRENGTH

In our Native communities, every person carries sacredness. Our LGBTQIA+ relatives—sometimes called Two-Spirit in many Tribal Nations—hold important roles in our cultures, families, and stories. Honoring gender and sexual diversity is not new to us; it is a part of our teachings and our traditions.

MENTAL HEALTH ISSUES LGBTQIA+ RELATIVES MAY STRUGGLE WITH:

The coming-out process can be both empowering and difficult. Sharing who you are with others may bring relief and pride, but it can also bring fear of rejection or hurt. These experiences can affect mental health, especially when met with misunderstanding—even within our own families or communities.

Many LGBTQIA+ individuals also carry internalized homophobia or transphobia—the result of growing up in environments where they were made to feel “less than.” These beliefs can lead to shame, anxiety, or depression. Healing begins with recognizing those messages as false and reconnecting to one’s inherent worth.

WAYS TO BUILD RESILIENCE:

- **Practice self-affirmation:** Speak kindly to yourself. Your identity is valid and beautiful.
- **Build self-esteem:** Engage in what brings you pride—culture, art, learning, and spiritual practices.
- **Challenge negative beliefs:** Replace harmful thoughts with messages of strength, truth, and love.
- **Find community:** Two-Spirit gatherings, LGBTQIA+ circles, and trusted friends can offer safety and connection.
- **Reach out:** Talking to a counselor or Elder can help you reclaim your voice and power.

WAYS TO SUPPORT LGBTQIA+ RELATIVES:



Affirm Identity: Use the names and pronouns someone shares with you.



Create Safe Spaces: Make room for voices that have been silenced. Listen without judgment.



Connect to Culture: Traditions, language, and ceremony can be powerful tools for healing and pride.



Encourage Support: Friends, family, Elders, therapists, and Two-Spirit groups can offer strength.



Speak Up: Interrupt bullying, discrimination, and stigma wherever it shows up.

★ it's OK to ★
ASK for HELP

For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am–Midnight.