

Talking Tazewell

June 2025, vol 3

The Wellness Playbook

Welcome to this special edition of The Wellness Playbook and Happy Pride Month!

Pride Month is a time of celebration, visibility, and love—but it's also a powerful reminder of the resilience that lives at the heart of the LGBTQ+ community. For many, being true to who they are hasn't always been easy, especially in the face of stigma, discrimination, and challenges to mental health. And yet, through self-advocacy, community connection, and a whole lot of courage, LGBTQ+ individuals continue to show incredible strength.

This month, let's honor that resilience—not just by recognizing the hardships, but by uplifting stories of healing, joy, and support. Mental health matters every day of the year, and so does the reminder that none of us have to go through it alone.



DID YOU KNOW...

JUNE IS PRIDE MONTH!

41% of LGBTQ+ young people in Illinois seriously considered suicide in the past year.

Because of factors like stigma and shame, data related to the LGBTQ+ community is often underreported or insufficiently collected, leaving the true extent of certain issues unclear.



Although nearly half of LGBTQ+ youth in Illinois seriously considered suicide in the past year, it is vital to remember that being LGBTQ+ does not cause mental illness, and is not a mental illness in itself. Research from the Trevor Project¹ suggests that LGBTQ+ individuals face both mental and physical health disparities due to societal stigma, as well as denial of their civil and human rights and hate-based crimes. Discrimination against LGBTQ+ folks has been associated with high rates of psychiatric disorders, substance use and suicide.

Even if you don't identify as part of the LGBTQ+ community, there are still meaningful ways to support those around you who might appreciate some extra care and understanding (and may help contribute to an individuals' resilience). A good first step is learning more about the challenges LGBTQ+ individuals may face –

- LGBTQ+ young people shared that the best ways others can support them include: trusting that they understand their own identity, standing up for them, avoiding support for politicians or legislation that promote anti-LGBTQ+ policies, making an effort to learn about LGBTQ+ identities, and respecting their pronouns.
 - For more information regarding terms and concepts that may be new to you, visit Human Rights Campaign [Glossary of Terms](#)

If you or someone you know is struggling, please know that support is always available. Here are some trusted resources dedicated to LGBTQ+ youth mental health:

- The Trevor Project offers crisis support for LGBTQ+ youth via call (866-488-7386), text (678-678) or [chat](#).
- The LGBT National Help Center offers hotlines and online [chats](#) for youth and adults.
- [Trans Lifeline](#) offers peer support for transgender individuals (877-565-8860)

¹ Nath, R., Matthews, D., Hobaica, S., Eden, T.M., Taylor, A.B., DeChants, J.P., Suffredini, K. (2025). 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People by State. West Hollywood, CA: The Trevor Project. www.thetrevorproject.org/survey-2024-by-state

HAVE AN IDEA OR TOPIC YOU WANT TO LEARN MORE ABOUT?
SEND IT OUR WAY!
TWP@TCHD.NET