



# National Coming Out Day

## Support Lines

### LGBT Youthline

Their helpline is staffed by peer support volunteers, who are all 2SLGBTQ+ youth aged 16-29, living across Ontario. Some common things people call, text, or chat about include:

- Questioning gender identity and/or sexual orientation
- Coming out
- Mental health
- Relationships with friends, partners, and family
- Community resources
- Feeling socially isolated
- ...or just to chat!



**Sunday-Friday 4:00 pm - 9:30 pm EST**



### Trans Lifeline

Trans Lifeline's Hotline is a peer support phone service. Call them if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

**Monday - Friday:**  
**10 AM – 6 PM Pacific**  
**11 AM – 7 PM Mountain**  
**12 PM – 8 PM Central**  
**1 PM – 9 PM Eastern**  
**Canada Line: 877-330-6366**

- When you contact them, you'll be connected to a trans/nonbinary peer operator
- Full anonymity and confidentiality
- No nonconsensual active rescue (calling 911, emergency services, or law enforcement)



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## Tips & Considerations Resources

### Human Rights Campaign

HRC offers a range of resources to support you through the coming out process, including resources tailored to specific cultural & racial communities.

Coming out as **Black LGBTQ+ People**

Coming out as **LGBTQ+ Asian Americans, Native Hawaiians, and Pacific Islanders**

Coming out as **Trans & Non-Binary**

Coming out as **LGBTQ+ Latine Americans**

Coming Out **At Work**



### Egale Canada

Egale offers a guide on coming out which includes considerations & recommendations such as:

- Pros & cons list of coming out
- How to “test the waters” & safety considerations
- How to structure coming out conversations
- Tips on supporting your mental health if you choose not to come out

