

# Parents: Responding to your child coming out

# (adapted from the Acadia Hospital [CARES](https://northernlighthealth.org/Locations/Acadia-Hospital/About-Us/Acadia-CARES-%281%29) Project)

**Scope of the Problem**

LGBTQ youth who reported higher levels of family rejection are 8.4x more likely to attempt suicide than those who experienced little or no family rejection.

**What you can do**

* Remind them that you love them unconditionally
* Listen and ask open-ended questions (including what their preferred pronouns are for their identity)
* Take them seriously; don’t call it a “phase” or something they’ll outgrow
* Try not to focus on the “why” or possible causes; research continues to show that LGBTQ+ individuals are born with these identifications, just as heterosexual and cisgender people are
* Don’t shy away from asking about their safety; ask the important questions about suicidal thoughts or feelings
* Remind them that they are not alone
* Commit to finding resources and learning together, as a family

Ask for help:

National Crisis Hotline: 800.273.8255

National Crisis Text Line: 741741

In person: Drive to your local emergency room

The Trevor Project: 866.488.7386

June 2020