

WE CAN OVERCOME: RECOVERY AND RESILIENCE

Sexuality and gender diverse people experience mental distress at rates higher than the general population. Our communities' rate of mental distress is not because there's something 'wrong' with us (there isn't! We're amazing!). Often, mental distress can be attributed, in part, to the experiences of stigma and discrimination we face. Despite this, our communities are strong and demonstrate an incredible capacity for strength and resilience. We've compiled some tips for developing resilience when times are tough.



YOU ARE NOT ALONE

Everyone has tough times. You might feel incredibly isolated in your experience of distress. Reaching out to the people around you can help remind you that others have been through it and can help.



IT'S OKAY TO NOT BE OKAY

Tough times happen. Use your resilience toolkit to cope when things aren't okay. Remember: how did you get through it last time? If you haven't been through it before, ask someone else for help. Try to practice ('radical') self-care. These feelings will pass.



BE YOUR BIGGEST CHEERLEADER

Sometimes when we're experiencing distress, we can be really hard on ourselves. Learning to quiet that inner voice and treat yourself with compassion and care can help you build resilience and develop the knowledge that you're worth it - because you are.



THERE IS STRENGTH IN DISTRESS

While experiences of poor mental health can be debilitating, these experiences also give us compassion, empathy, patience and kindness for others, as well as an immense amount of strength and self-knowledge. Celebrate that.



SET ONE GOAL

Every achievement deserves to be celebrated. Some days that might be climbing a mountain, other days it might be getting out of bed. When things are hard, setting one small and manageable goal, and celebrating when you achieve that can go a long way.



IT'S OKAY TO ASK FOR HELP

Since you're now your biggest cheerleader, remember that you're worthy of support. The people around you love you unconditionally, care about you, and want to help however they can. It can be hard or scary to be vulnerable in front of others, but we all need help sometimes.



RECOVERY IS A JOURNEY

It's not about being 'cured'. Recovery is about developing skills, adding to your toolbelt, and recognising that distress doesn't magically 'go away'. It's about knowing that next time you experience distress, you have the strength, resilience, and capacity to not let it overcome you.



PROFESSIONAL SUPPORT IS AVAILABLE

You wouldn't try and heal a broken leg by yourself, so why not look after your mental health in the same way? Mental health professionals are there to help, and give you the tools you need to stay resilient: whether that's mindfulness, medication, or somewhere in between. Recovery looks different for everyone, find what's right for you!