

Belong To LGBTQ+ Youth Ireland: Better Out Than In (<https://www.activelink.ie/node/111134>)



Our Better Out Than In campaign, developed in collaboration with Belong To's Youth Advisory Panel, is well under way and we're seeing a huge, positive response.

This is our annual mental health and wellbeing campaign which encourages LGBTQ+ young people to seek support when struggling. [We do this by \(<https://belongtoyouthservices.cmail19.com/t/i-l-fydhjul-khbjydrh-y/>\) providing tips and strategies to protect their wellbeing \(<https://belongtoyouthservices.cmail19.com/t/i-l-fydhjul-khbjydrh-j/>\) and an online hub detailing a range of support services - there is always someone to talk to. \(<https://belongtoyouthservices.cmail19.com/t/i-l-fydhjul-khbjydrh-t/>\)](https://belongtoyouthservices.cmail19.com/t/i-l-fydhjul-khbjydrh-y/)

Growing up can be tough, and being LGBTQ+ can bring more challenges. Taking the brave step of opening up to someone about your worries and fears, no matter how big or small, is worth it.

This year, we have brand new videos and worksheets to help you proactively manage your mental wellbeing. We have worked with LGBTQ+ young people to discover some of the most common challenges are for LGBTQ+ young people today, and develop ways to take action, including:

1. Self-doubt
2. Self-esteem
3. External negative reactions.

If you're struggling – the most important thing you can do for yourself is to REACH OUT. Our feelings are always Better Out Than In!

Support Services and Helplines

Remember – there's **always** someone here to talk to. Scroll to the bottom of this page for mental health supports including crisis counselling, youth groups and helplines.

VISIT OUR HUB TODAY (https://www.belongto.org/support-for-me/better-out-than-in/?utm_medium=email&utm_campaign=Newsletter%20Better%20Out%20Than%20In%20Campaign%20Launch%202024&utm_co)

Region
Nationwide

VISIT OUR HUB TODAY (https://www.belongto.org/support-for-me/better-out-than-in/?utm_medium=email&utm_campaign=Newsletter%20Better%20Out%20Than%20In%20Campaign%20Launch%202024&utm_content=Newsletter%20Better%20Out%20Than%20In%20Campaign%20La)

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25th Sep, 2024

Expiry Date
7th Nov, 2024

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