



California LGBT Health and Human Services Network

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Mental Health and the Holidays

The holidays can be hard for everyone. They can be especially hard for folks who are not out to their family, their family is rejecting, and/or they have lost family because the family could not accept their gender identity or sexual orientation. Everyone deserves to feel at home for the holidays. We have created a special social media toolkit just for the holidays with some messages and tools you can share to help community members.

[Social Media Tool Kit](#)

The January Network call has been canceled

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Holidays**

The Network Listserv is available for member use to share information about upcoming LGBTQ events, campaigns, sign-on letters, share resources, and find partners for collaboration.

[You can post directly by emailing the listserv.](#)



Shine like a
star this New
Year!

 **Out4MentalHealth**

<http://www.californialgbthealth.org/>

STAY CONNECTED

