Coming Out

LGBQ Resources

Benefits to Coming Out

Being Out
Coming out can lead to higher self esteem and better mental health with more authentic relationships.

Risks to Coming Out

New Risks
Coming out can increase your risk of discrimination and loss of some friends and family.

Everyone is different
Different racial, cultural, and faith backgrounds can have different impacts on coming out. Consider what will happen if you lose financial support.

Things to Consider

Coming Out to Friends and Family

Start with someone you trust

Be your Authentic Self

Be Prepared, Be Confident
Be sure you know what you want to say, and how you want to handle who knows and how much they know.

Start Safe
Come out to a close relative or friend first, someone you know is open-minded and will accept you.

Be You
Coming out is a step towards living authentically, be prepared to be yourself.

Resources at Northwestern

Online Resources

Chicago Resources

On Campus
MSA, CAPS, SES, SJE, Rainbow Alliance, QPGSA, CARE, Women's Center, Religious Life, Res Life

Online
Some websites include: Human Rights Campaign, The Trevor Project, Advocates for Youth

Local
Center on Halsted, Cafe Pride, Howard Brown Health Center