

Being L, G or B is a natural expression of sexual orientation. Approximately 10% of any population are lesbian, gay or bisexual (LGB)

Learn about internalised homophobia being L,G or B does not mean you are a bad person or have let anyone down

to manage stress

Coming out can be stressful, read our Target 1000 positive health booklet on good ways

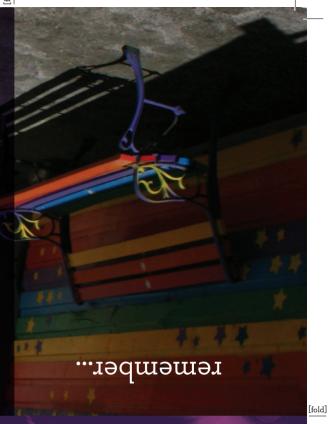
Get support from friends and staff at LINC or your local LGBT centre/group

Remember it took you a while to come to terms with your sexuality, it may take others time too

Choose a good time - a time when others can concentrate on what you are saying

Make sure you are ready

Coming out is a process with many stages, so give yourself time



coming out

useful contacts.

LINC 021 4808600 linc.ie info@linc.ie

Cork Gay Project

021 4300430 gayprojectcork.com

LGBT Helpline 1890 929539 lgbt.ie

Cork Lesbian Line 021 4318318

Outhouse 01 8734932 outhouse.ie

Dundalk Outcomers 042 9329816 outcomers.org

LINC Advocating for Lesbian and Bisexual Women in Ireland

common phases in the coming-out process



Not everyone goes through these phases in the same order. However for everyone the journey begins with firstly questioning and then accepting their own sexual identity.

Plog]

5

fold