



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

Make sure you are ready

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

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

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

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

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

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



remember...

coming out

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.

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

