

# Come Out for Mental Health

[Campaign](#), [Health](#), [Mental Health](#)

ILGA-Europe want to come out for mental health.

[#ComeOut4MentalHealth](#)

There are a lot of reports, statistics and analysis out there on the mental health of LGBTI people... but talking about it still seems like a taboo subject.



ILGA-Europe want to remind our activists that there is so much love and potential support within the LGBTI communities. We can rely on each other when we experience mental health problems, but talking is the major first step.

Join our conversation as ILGA-Europe come out for mental health!

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**Blog post from Evelyne Paradis:**

[“Talking About LGBTI Mental Health – It Starts Now”](#) – HuffPost UK, 10 October 2017