We recognize every gender identity and sexual orientation as valid.

2. We affirm that LGBTQ+ identities are NOT mental illnesses, though LGBTQ+ people may live with mental illnesses.

3. We will see the person first, not the illness.

4. We recognize that mental illnesses are medical illnesses that may have environmental triggers.

5. LGBTQ+ people may experience traumatic circumstances and events.

6. We recognize all LGBTQ+ people are in a different place in their journey.

7. We aim for better coping skills.

8. We find strength in sharing experiences.

9. We reject stigma and do not tolerate discrimination.

10. We won’t judge anyone’s pain as less than our own.

11. We forgive ourselves and reject guilt.

12. We embrace humor as healthy.

13. We accept we cannot solve all problems.

14. We expect a future that is ours to shape.

15. We will never give up hope.
Emotional Stages of Recovery

NAMI is here for you at every stage.

I. Dealing with Catastrophic Events
   Crisis/Chaos/Shock
   Denial; “Normalizing”
   Despair; Detachment

   Needs
   Support
   Comfort
   Empathy for current situation
   Help finding resources
   Crisis Management
   Reassurance
   Empathy for pain
   Permission to be numb
   Hope

II. Learning to Cope
   Anger/Guilt/Resentment
   Recognition
   Grief

   Needs
   To permit and vent feelings
   Education
   Self-care
   Networking
   Skill training
   To let go
   To learn the system
   Hope

III. Moving into Advocacy
   Understanding
   Acceptance
   Advocacy/Action

   Needs
   To restore balance in life
   Responsiveness from the system
   To find meaning
   A sense of empowerment
   Activism
   Hope