

Addressing the Unique Challenges Facing LGBTQ+ Communities



LGBTQ+ Resources

Despite the progress that LGBTQ+ communities have made to gain greater understanding and acceptance, many challenges remain for members of these communities and their allies.

Check out these short online exercises to support mental wellness and tools to encourage support and acceptance of loved ones who identify as LGBTQ+. You can access them easily from the internet or your smartphone.

These resources are offered to you at no cost and are just some of the digital materials that may help you manage your physical and mental health.

The Gender Question



Common Myths About LGBTQ+ Communities



Messages From the World (and Ourselves) About Gender Identity



Managing Emotions on an Unexpected Path



There's No Wrong Way to Transition



Turning Your Brain Into an Ally



SIGN UP TODAY

To get started, visit www.mystrength.com/go/epc/azallwell

Allwell complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For assistance, please call: 1-800-977-7522 (HMO and HMO SNP), (TTY:711).

Español (Spanish): Servicios de asistencia de idiomas, ayudas y servicios auxiliares, traducción oral y escrita en letra más grande y otros formatos alternativos están disponibles para usted sin ningún costo. Para obtener esto, llame al número de arriba.

Diné Bizaad (Navajo): Diné k'ehjí saad bee shíká a'doowoł nínízingo bee ná haz'á', t'áá haada yit' éego kodóo naaltsoos da nich'j' ál'j' jgo éí doodago t'áá ha'át'íhída Diné k'ehjí bee shíká a'doowoł nínízingo bee ná ahóót'i'. Ákót' éego shíká a'doowoł nínízingo hódahgo béesh bee hane'í biká'íjj hodíílinih.