NATIONAL ACTION GROUP FOR
LGBTI+ TRAVELLER AND ROMA RIGHTS

SUPPORTING SOMEONE COMING OUT



Visibility · Solidarity · Support

Travellers and Roma can be lesbian gay bisexual transgender and that's ok.

Coming Out...

Coming out is the term used by lesbian, gay, bisexual and transgender (LGBTI+) people to describe their experience of discovery, self-acceptance, openness and honesty about their LGBTI+ identity and their decision to share this with others. Coming out allows someone to be their true selves, live an open life, and reduce some of the stress and anxiety many people feel when they are hiding part of themselves.

The first Coming Out is when an LGBTI+ person accepts who they are themselves. They start to stop rejecting themselves, hating themselves and pushing this part of themselves away. They accept who they are. This process often takes some years and can be very, very lonely and stressful. Coming out to family and friends who they love is the next big scary step.

They now need to feel accepted by the people most important to them in their lives. It is not an easy step for the LGBTI+ person to take. They may feel:

- scared about the reaction from those they love
- fearful of rejection
- a sense of shame
- afraid of being judged

All of the fears and worries can be difficult to deal with for someone who is thinking about coming out.

People come out at all ages and in different ways.

There are many ways you can support an LGBTI+ person who is coming out such as helping them to find the support or information that they need.

Tips on how to support someone on coming out

Acceptance – A positive and warm reaction can help the person to feel comfortable and reassured that you are supportive of them and that you accept them

Acknowledgement – It's good to acknowledge the person's bravery in taking this step

Non-judgemental – Reassure the person that you accept them for who they are and you do not judge them. It's important to be a listening ear and put your own judgement aside

Confidentiality – It's important to respect someone's privacy. They are trusting you with this information and they may not be ready to share this with their close family and friends.

Remember you're never alone - You are not expected to be an expert on how to support someone who is coming out as LGBTI+. The person who comes to you simply needs you to listen and accept them. There are many supports and services available that you can direct them to.

Support available – Give the person the right information about where they can get support. You can do this by ringing the services yourself and learn more about the best service for them (see inside pages).

Support and where to go for help

There are different services available that can offer support and advice for LGBTI+ people and their families across Ireland.

LGBT IRELAND
LGBT.ie
LGBT Support Lin
1800 929 539

NATIONAL LGBT HELPLINE

Speak to trained volunteers who are LGBTI+ themselves and who will listen in confidence and without judgement, seven evenings a week. You can talk by phone or online through the instant messaging service. The volunteers will respect you as a member of the Traveller or Roma community.

Tel: 1800 929 539
(Monday to Thursday: 6:30pm to 10:00pm,
Fridays: 4:00pm to 10:00pm,
Saturday and Sunday: 4:00pm to 6:00pm)

Instant messaging service available at lgbt.ie during the same hours

Transgender
Family Support
Families Supporting Famili
01 907 37

TRANSGENDER FAMILY SUPPORT LINE

This support line is run by non-judgemental volunteers who themselves are parents of a Transgender family member or a family member who is questioning their gender identity. These volunteers will give you a non-judgmental listening ear and provide support and information.

The volunteers will respect you as a member of the Traveller or Roma community.

Tel: 01 907 3707
(Tuesday 10am-12pm & Sunday 6pm-9pm, Fridays: 4:00pm to 10:00pm,
Saturday and Sunday: 4:00pm to 6:00pm)

Instant messaging service available at lgbt.ie during the same hours

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland
belong to

BELONG TO YOUTH SERVICES

BeLonG To is a national organisation which provides LGBTI+ youth groups and supports for young LGBTI+ people aged 14-23 in Ireland, with a focus on mental and sexual health, alongside drug and alcohol support. The staff and volunteers will respect you as a member of the Traveller or Roma community.

Tel: 01 670 6223
Email: info@belongto.org

INVOLVE YOUTH SERVICES

Involve provides youth services through seven youth projects in Galway, Mayo, Donegal and Meath. They are LGBTI+ friendly and supportive

Tel: 090 649 8017
Email: info@involve.ie

For those in crisis and in need of support, the following options are available - they are LGBTI+ friendly and supportive:

CRISIS TEXT SUPPORT

A free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support.

Text HELLO to 50808
Text PAVEE to 50808 for Traveller specific text support
Instant messaging service available at lgbt.ie during the same hours

SAMARITANS

Provides 24/7 free helpline to anyone in emotional distress, struggling to cope, or at risk of suicide

Call 116 123

PIETA

Provides a 24/7 suicide, self-harm & suicide bereavement crisis helpline. Pieta alos provide free counselling to those with suicidal ideation, those engaging in self-harm, and those bereaved by suicide.

Call 1800 247 247 or Text HELP to 51444
Instant messaging service available at lgbt.ie during the same hours

TRAVELLER COUNSELLING SERVICE

A community-based counselling service for the Traveller community, providing culturally inclusive counselling and psychotherapy. They are LGBTI+ friendly and supportive. Free online and face-to face counselling available.

Call to make an appointment 01 868 5761 / 086 308 1476
(not a crisis service)
Online support available at travellercounselling.ie
Instant messaging service available at lgbt.ie during the same hours

EXCHANGE HOUSE IRELAND NATIONAL TRAVELLERS SERVICE

Provides front line and support services including social work, family support, crisis intervention, children and youth, mental health, and addiction services - They are LGBTI+ friendly and supportive.

Call 01 872 1094



This guide was published by the National LGBTI+ Traveller and Roma Rights Action Group - a collective that aims to increase the promotion, protection, inclusion and celebration of LGBTI+ Traveller & Roma individuals and their families within their communities and organisations and services.

For more info: www.travandromalgbti.ie

An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth