



Coming Out Resources

We recognize that faith and queer identity can be very complicated. If you are struggling, click here for some resources that may help:

- [Human Rights Campaign Faith Resources](#): The resources in this section are intended to help LGBTQ people, their families, friends and allies, find powerful and transformative spaces to learn more about the intersection of their faith and LGBTQ issues.
- [The Trevor Project Support Centre for LGBTQ+ Religion](#): The Trevor Project is the leading American national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
- [Children's Aid Society of Toronto](#): This is a list of LGBTQ positive faith groups and places of worship (the list includes: Jewish, Christian, Buddhist, Muslim, and Non-Specific/Independent)
- [Salaam Canada](#): A volunteer-run national organization dedicated to creating space for people who identify as both Muslim and queer and trans.
- [Multi-Faith List of Resources](#): This section will give you some resources with which you can educate yourself about various religious and spiritual communities' beliefs regarding faith and LGBTIQ+ identified persons

For Students

Coming out to yourself or someone else is an incredibly personal decision. There's no right or wrong way to do it. It's completely up to you and your relationship with who you might share it with. For those who want to come out, taking stock of who in your life supports and encourages you, and helps you feel less alone can make a big difference.

Here is an excellent [resource](#) from The Trevor Project on Coming Out!

For any student or young person struggling remember that you are never alone and there is always someone to talk to.

Here are some numbers to call if you are in a crisis:

Kids help phone- [1-800-668-6868](tel:1-800-668-6868) or text [686868](tel:686868)

ROCK 24 hour crisis line- [905-878-9785](tel:905-878-9785)

Eating disorder hotline- [1-866-633-4220](tel:1-866-633-4220) or [416-340-4156](tel:416-340-4156)

Halton crisis outreach and support team- [1-877-825-9011](tel:1-877-825-9011)

A trusted adult, or a teacher is also a wonderful resource:

❖ Mrs. Tolton: toltona@hdsb.ca

❖ Ms. Hosany: hosanyr@hdsb.ca

❖ Mr. Sanderson: sandersonjo@hdsb.ca

❖ Mrs. Mactaggart: mactaggartk@hdsb.ca

❖ School social worker: Nidhi Bedi

(bedin@hdsb.ca)