

Why allyship matters

Allyship involves taking intentional steps to create safe and inclusive spaces for 2SLGBTQIA+ individuals. Even small actions can reduce stigma, improve mental health outcomes and foster belonging.

GIVE IT A TRY: This Pride month, try completing one action each day for five days. Check off each day/action you complete.

DAY	ACTION	COMPLETED?
Day 1:	Learn one new term from the 2SLGBTQIA+ glossary and use it correctly.	<input type="checkbox"/>
Day 2:	Share pronouns when introducing yourself and invite others to do the same.	<input type="checkbox"/>
Day 3:	Explore an article on mental health challenges faced by 2SLGBTQIA+ communities.	<input type="checkbox"/>
Day 4:	Practice correcting language respectfully when you hear a mistake.	<input type="checkbox"/>
Day 5:	Identify one local or online resource for 2SLGBTQIA+ mental health support.	<input type="checkbox"/>



REMEMBER

Allyship is an ongoing practice. These actions serve as a starting point for building inclusive habits that support mental wellness for 2SLGBTQIA+ individuals.



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