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FAMILY REJECTION ISN'T JUST EMOTIONAL...

It affects housing, safety, and mental health—and it's a leading predictor of substance use in LGBTQ+ clients.

IMPACT

- Increased Risk of Substance Use
- Suicidality & Chronic Isolation
- Lack of Access to Support Services
- Long-Term Trauma + Shame

HEALING

- Build Chosen Family
- Affirm Safety in Session
- Advocate for Structural Support
- Encourage Authentic Expression

REJECTION IS PREVENTABLE.
RECOVERY IS POSSIBLE.
BELONGING CAN BE BUILT.



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Family rejection leads to homelessness, emotional distress, and increased substance use. This note outlines the ripple effects clinicians must assess when working with LGBTQ+ youth and adults.