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**NATIONAL  
COMING  
OUT  
DAY**  
October 11



**Be proud of  
who we are!**

**Celebrate  
LGBTQ+  
Equality on  
National  
Coming Out  
Day!**

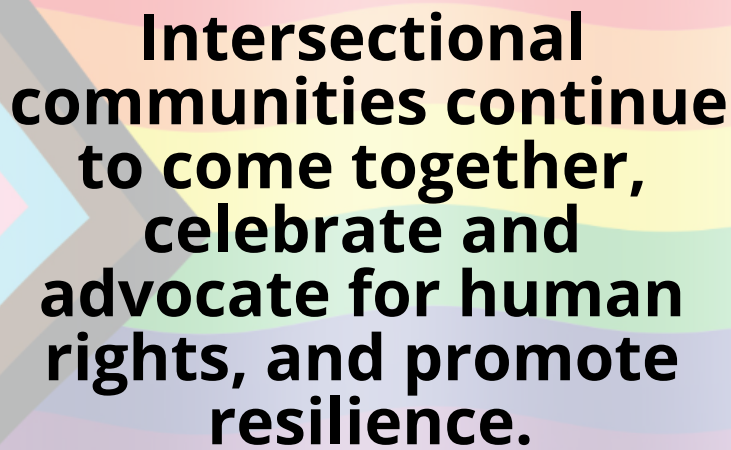
Coming Out Day was conceived in 1988 by Robert Eichberg and Jean O'Leary to respond to anti-LGBT social action. National Coming Out Day was established to promote positivity and celebrate coming out.

October 11 was chosen to launch National Coming Out Day to coincide with the anniversary of the second National March on Washington for Lesbian and Gay Rights in 1987.

**Everyone deserves the right to live a life genuinely,  
completely, and honestly.**

Sharing our authentic selves with others is not always safe or easy. Yet, it can be extraordinarily powerful in breaking down the barriers faced by people who identify as LGBTQ+.

Whether you identify as LGBTQ+ or as an ally, celebrating National Coming Out Day raises the visibility of all of our communities. It shows support for the ongoing struggles many LGBTQ+ people face just for being themselves, but also the joy and pride within an openly LGBTQ+ community.



**Intersectional communities continue to come together, celebrate and advocate for human rights, and promote resilience.**



**Coming out is a significant part of reclaiming rights and living in our identities.**

**Sexual orientation, gender identity, gender expression, race, ethnicity, language, religion, culture, or lived experience should never be barriers to living a full life.**

## **Free Webinar!**

**“Breaking Down the Closet Door”**

**Mental Health America and the Human Rights Campaign’s Project THRIVE are offering a webinar featuring youth and their parents around the coming out process with families.**

**Wednesday, October 11, 2023 3pm  
Central Time**

**The discussion is for caregivers and youth-serving professionals to better understand how to engage with youth and families who are coming out and how to create affirming spaces.**

**Learn more at:**

**[https://hrc-  
org.zoom.us/webinar/register/WN\\_xmBVc3jITXiXcBSsj\\_SM8g#/registration](https://hrc.org.zoom.us/webinar/register/WN_xmBVc3jITXiXcBSsj_SM8g#/registration)**

**More Resources to Support National Coming Out Day**

**<https://www.hrc.org/campaigns/national-coming-out-day>**

**<https://www.hrc.org/resources/coming-out-living-authentically-as-black-lgbtq-people>**

**<https://www.hrc.org/resources/salir-del-closet-vivir-autenticamente-siendo-latinx-y-lgbtq>**

**<https://www.hrc.org/resources/coming-out-living-authentically-as-lgbtq-asian-and-pacific-islander-america>**