

# Honoring Pride: Intersectionality, Resilience, and Allyship



Celebrating Pride allows people to explore other parts of themselves or their identities. Pride allows you to explore what makes you who you are, celebrate those aspects of your being, and feel a sense of community from others doing the same.

**DR. CRYSTAL JONES, ACC COACH ICF**

Pride is just as much a celebration as it is a movement of resistance and protest. In celebration and honor of LGBTQ+ Pride Month, let's take a moment to recognize the intersectionality and resilience of identifying as LGBTQ+ and better understand what it means to be an ally. Here is insight from Modern Health provider, Dr. Crystal Jones:

## What role does intersectionality play in celebrating Pride?

Within the LGBTQ+ community, there is intersectionality. Intersectionality is the truth of who we are. So many dynamics exist to create different experiences for each of us. Understanding intersectionality allows us to truly be with a person, understand all the facets of life that make them who they are, and connect with them more authentically.

## What do you believe is a mental health support barrier for the LGBTQ+ community?

There may be a fear that you have a responsibility to explain who you are because the person on the other side of the couch or screen might not fully understand. Similarly, without a basis of trust, there might be fear that a provider sees your identity as something wrong or programs aren't inclusive of your identity or experience. All people want to feel seen and heard.

## How would you describe the resilience of the LGBTQ+ community?

Pride exists as an act of resistance. We used to sit at tables that we weren't invited to — today, we've learned how to make our own table. We've discovered how to use our own gifts and utilize resources, advocates, doctors, and mental health coaches to support ourselves and each other. This is liberation!

## What suggestions do you have for people to be better allies to the LGBTQ+ community?

Allyship isn't an intellectual process. Get in the community and ask how you can help and where you can 'stand.' People you speak to may not always be willing or able to communicate their needs, but try to show up for them. See how you can better support the community using your gifts and resources.

**Modern Health is your mental wellness benefit.**

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit [my.modernhealth.com](https://my.modernhealth.com).





Modern Health offers a variety of resources to support the LGBTQ+ community in your workplace and provide enablement to support your teams.

# Modern Health Resources for LGBTQIA+



1

## Managers and admins — review these helpful support materials

[Intersectionality and Workplace Inclusion](#)  
[Supporting Transgender & Non-Binary Employees](#)  
[Tips for Being a Supportive Ally in Times of Need](#)

2

## Support materials for employees

[Honoring Pride: Intersectionality, Resilience, & Allyship](#)  
[Resources for Individuals with Intersectional Social Identities](#)

3

## Digital content for those who prefer self-paced programs

[Self-Compassion Meditation](#)  
[Coping with Microaggression through Mindfulness](#)  
[Finding Community and Belonging](#)  
[Talking About Social Identity in Relationships](#)

4

## Live and on-demand group sessions designed as intimate spaces to learn and be in community

[Allyship Across Identities series](#)  
[LGBTQIA+ Allyship \(on-demand\)](#)  
[LGBTQIA+ Individuals: A Community Space \(Pride Month Circle\)](#)  
[Transgender & Gender Diverse Individuals: A Community Space \(Pride Month Circle\)](#)

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## Find one-on-one care

[Modern Health coaches and therapists](#) support individuals of all communities and identities through culturally-centered care.

