

AFFIRM

AFFIRM is an affirmative CBT-based group designed to help **LGBTQ+** youth and adults manage stress. As an evidence-based intervention, AFFIRM supports mental and sexual health, enhances coping skills and validates strengths of its participants.

AFFIRMATIVE RESULTS

70% reported increased hope pathway thinking

Hope pathway thinking is the ability to generate multiple routes from the present to the desired future.

63% reported reduced depression

72% reported increased cognitive stress appraisal as challenges (vs. threats)

Viewing stressful situations as more of a challenge than a threat has been associated with better mental health.

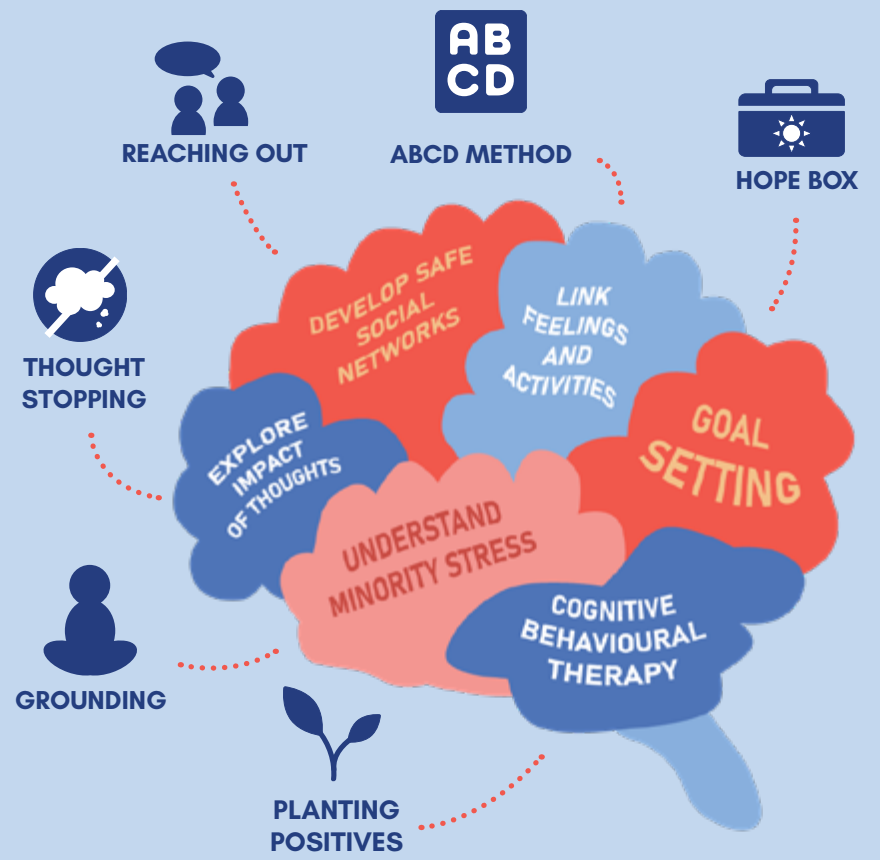


AFFIRM IMPACT ON MENTAL HEALTH

Depression **-63%**
Reflective coping **+57%**
Hope agency **+70%**
Hope pathway **+70%**
Stress appraisal: Challenge **+72%**
Stress appraisal: Threat **-70%**
Stress appraisal: Resources **+65%**

THE AFFIRM APPROACH

AFFIRM integrates identity affirmation with cognitive-behavioural therapy (CBT) to improve wellbeing.

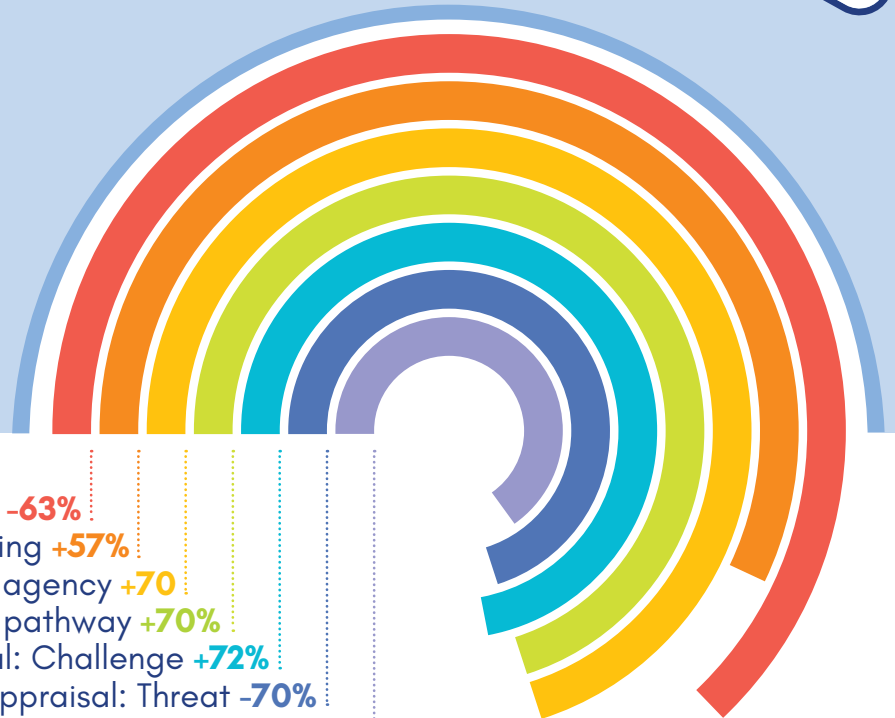


PARTICIPANT REFLECTIONS

"I appreciate a program like AFFIRM. It's especially **helpful for LGBTQ+ people** in terms of dealing with 'minority stress'. I really enjoyed my time participating in AFFIRM!"

"I have **benefited immensely** from AFFIRM. This program has had a profound impact on the way that I think and has given me **hope** that I thought I'd never find."

[MORE REFLECTIONS ONLINE](#)



LEARN MORE & PARTICIPATE AT WWW.PROJECTYOUTHAFIRM.ORG

The AFFIRM project in Ontario is a partnership between Dr. Shelley Craig at the Factor-Inwentash Faculty of Social Work, University of Toronto and Planned Parenthood Toronto.

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