

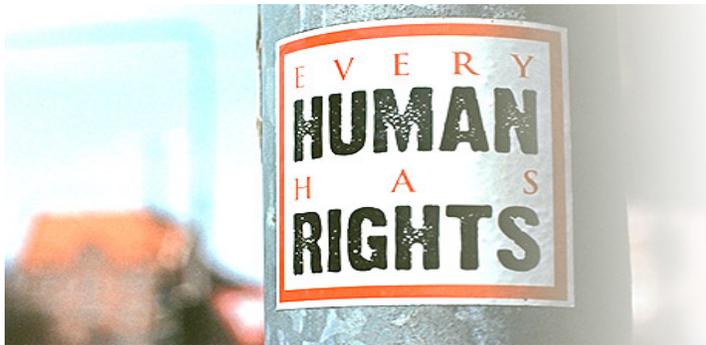


EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

Thinking Critically about Human Rights

As we approach the 75th anniversary of the **Universal Declaration of Human Rights** (UDHR), the United Nations (UN) recognizes that the goals of the document have not yet manifested in the day to day realities of many. **LGBTQ+ communities**, among many others, across the world face challenges in attaining full realization of human rights. As a part of the Human Rights 75 Initiative, a **conference** will be held, this year, on December 11th and 12th which will be virtually viewable. They have also been sharing a **"countdown"** highlighting the voices of various human rights defenders around the world. Both of these efforts are working towards full realization of the articles set forth in the Universal Declaration of Human Rights. This year they are focusing on three tracks to achieve that goal; promoting universality, forging the future, and supporting engagement.



Human rights may seem like something out of our control. These events may be happening overseas, and maybe you haven't heard about the UDHR before. While international conferences may not be something we can all participate in, we aren't helpless in creating a world where all people have access to these rights. Actions we

can take may be as quick and simple as viewing some of the videos and articles on the **countdown**, reading **the UDHR**, or **thinking critically** about how human rights show up in our lives. Policy work and large scale change is an important piece of the human rights puzzle, but the story doesn't end there.

Some questions to consider when thinking about Human Rights.

- What rights outlined by the document do I have access to? Which do I not?
- How might these rights show up for others in my communities? Do we all have access to the same rights?
- What is missing from this document from my perspective? Should anything be added? Should anything be taken off?
- What can I do to support full realization of these rights for those around me? If you aren't sure, the countdown offers a plethora of examples of people doing the work to ensure human rights for all.

There is no right answer to these questions, but thinking critically about the privileges and limitations set forth in our lives through a lens of human rights can help us to lift each other up, understand one another more fully, and create a world where we all have access to equal rights.

[Click here to see Envision:You in the news](#)



Monthly Development

Colorado Gives Day is December 5th. Help us reach our \$15,000 goal! Your support can make a significant difference in fostering inclusivity, understanding, and empowerment. Together, let's create a brighter and more affirming future that LGBTQ+ people DESERVE!



5 Human Rights Champions on the HR75 Countdown

These individuals on the HR75 Countdown are making an indelible mark on the global human rights landscape, reminding us of the ongoing work needed to protect and promote the rights of all individuals.

- 1 Greta Thunberg: This young climate activist continues to push for climate justice, demanding accountability from governments and corporations worldwide.
- 2 Malala Yousafzai: A staunch advocate for girls' education, Malala remains dedicated to ensuring every child has the right to learn.
- 3 Dr. Anthony Fauci: The director of the National Institute of Allergy and Infectious Diseases, Dr. Fauci has been an influential voice throughout the COVID-19 pandemic.
- 4 Elie Wiesel: The late Holocaust survivor's legacy endures as a beacon of human rights advocacy, reminding us of the importance of bearing witness.
- 5 Ai Weiwei: This Chinese artist and activist champions freedom of expression, often at great personal risk, making a significant impact in the world of art and human rights.

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LGBTQ+ Behavioral Health Provider Training Program Highlight

To move beyond the basics and ensure your LGBTQ+ clients are receiving the care they deserve, enroll now in the Envision:You's LGBTQ+ Behavioral Health Provider Training Program.

Our training program provides participants with knowledge on how to deliver culturally relevant and identity affirming care to LGBTQ+ individuals.

[Learn more](#)