



## **HRC Releases Updated 'Coming Out' Guide** *National Day is Celebrated This Thursday*

The Human Rights Campaign released an updated *Resource Guide to Coming Out* last week in preparation for the 14th annual National Coming Out Day on Oct. 11. The popular pocket guide to coming out has been significantly expanded to reach a diverse audience, according to HRC, whose foundation includes the National Coming Out Project.

"Coming out is our most powerful tool for achieving equality because it shows the world who we truly are," said Candace Gingrich, HRC's National Coming Out Project manager. "This far-reaching guide will help people in the process of coming out by offering real-life insights and sound advice to gay, lesbian, bisexual and transgender people, as well as those who love and care about them."

The *Resource Guide to Coming Out* has been one of HRC's most popular publications since it was first introduced in 1996, with tens of thousands distributed. The HRC Foundation plans to distribute at least 50,000 of the new edition in the next year. Individuals can obtain copies by contacting HRC or they can download it from HRC's website at [www.hrc.org/ncop](http://www.hrc.org/ncop).

"While the expanded guide is primarily aimed at individuals going through the

process of coming out as gay, lesbian, bisexual or transgender, it can also serve as an important tool for parents, guidance counselors, health care professionals and members of student groups on high school and college campuses," said Kim I. Mills, HRC's education director, who oversees the National Coming Out Project.

Advice from a wide array of well-known gay, lesbian, bisexual and transgender personalities is prominently featured in the guide. Among them: Christopher Rice, author and son of novelist Anne Rice; comedian Suzanne Westenhoefer; Rep. Tammy Baldwin, D-Wis., the first out lesbian elected to Congress; Corey Johnson, former captain of his high school football team who made headlines by coming out to his classmates; and Tracy Young, a disc jockey who has worked with Enrique Iglesias, Madonna and Lauryn Hill. Also included are actor Wilson Cruz; transgender activists Dana Rivers and Jamison Green; and Linda Villarosa,

contributing writer to *The New York Times* and former *Essence* editor.

This edition offers new information on coming out as transgender, coming out online, coming out in the workplace and coming out as a parent or to a health care provider. A Spanish-language version of the updated guide will be available this fall.

"We hope this new guide will have a profound impact on peoples' lives and help them to make one of the most significant and rewarding decisions in their lives — choosing to live openly and honestly," said Gingrich. National Coming Out Day was founded in 1988, and has been directed by the Human Rights Campaign Foundation since 1993. It has blossomed into an event that is celebrated by hundreds of cities, states, businesses, schools and churches throughout the country and around the world.

For more information on National Coming Out Day, call 1-800-866-NCOD or visit [www.hrc.org/ncop](http://www.hrc.org/ncop).





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