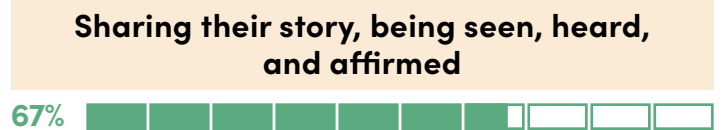
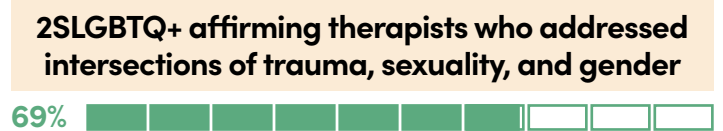
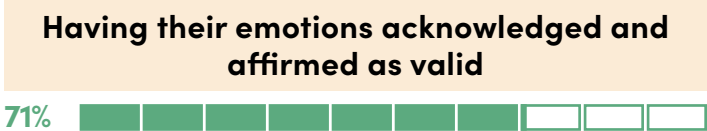
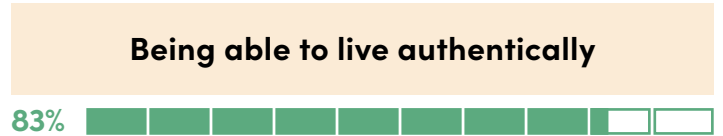
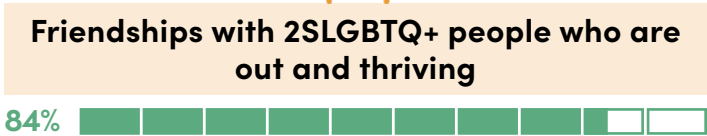


# Helpful support for conversion therapy survivors

In a [national study](#) surveying conversion therapy survivors, the **top** cited help in overcoming the effects of conversion therapy was



Other things that conversion therapy survivors reported were helpful were:



The common theme within all helpful support is that survivors need affirming communities and relationships. These are spaces where survivors felt heard, believed, understood, and supported.

Check out the rest of our [#EndCTForAll](#) campaign at [egale.ca/conversiontherapyban](https://egale.ca/conversiontherapyban) to find out more about what conversion therapy is, its impacts, and what you can do to help support survivors.