

**Mayo Clinic Minute: Why it's important to help kids who identify as LGBTQ and may be struggling**

	<p>If the teen in your life identifies as LGBTQ and decides to share that information, Dr. Marcie Billing asks parents to lend an ear as an important first step.</p>
<p>Marcie Billings, M.D. Pediatric and Adolescent Medicine Mayo Clinic</p>	<p>"When they decide that they want to talk about it, I think that that initial response is really setting the tone for further discussion and being able to reach out to others so, if and when that teen opens up and reaches out, keeping that ear open, really listening, sitting down making time for their conversation and their concerns."</p>
	<p>Supporting our children is critical says, Dr. Billings.</p>
	<p>"Even if it's something that you're not sure of what to do, just be that listening ear, extending your love and support."</p>
	<p>Don't worry about getting it perfect. And you don't have to do it alone.</p>
	<p>"We have a lot of avenues into different resources, whether that be mental health care providers, medical providers, in terms of whatever the needs are for that population of kids."</p>
	<p>For the Mayo Clinic News Network, I'm Joel Streed.</p>