



## LGBTQ+ AFFIRMING MENTAL HEALTH SUPPORT

**Switchboard:** Switchboard is the national LGBTQ+ support line, for anyone, anywhere in the country, at any point in their journey. They can discuss anything related to sexuality and gender identity.  
[switchboard.lgbt](http://switchboard.lgbt)

**LGBT Foundation Helpline:** Our Helpline is a friendly, non-judgemental service that can provide brief interventions, advice, emotional support and signposting. Call us 0345 3 30 30 30  
[lgbt.foundation](http://lgbt.foundation)

**LGBT Foundation Talking Therapies:** Our Talking Therapies provides the safe space needed to discuss emotions and identify strategies to maintain mental well-being.  
[lgbt.foundation](http://lgbt.foundation)

**Pink Therapy:** Pink Therapy offers a directory of qualified LGBTQ+ friendly therapists and counsellors providing trusted, non-judgmental services for anyone who identifies as gender, sex or relationship diverse.  
[pinktherapy.com](http://pinktherapy.com)

**MindOut:** MindOut offer nationwide 18+ LGBTQ+ people online chat support, befriending, and peer mentoring, as well as in-person peer support for people based in Brighton and Hove.  
[mindout.org.uk](http://mindout.org.uk)

**Rainbow Mind:** Rainbow Mind offer courses, group sessions and support options for LGBTQ+ people and groups across the UK, including support for mental health of LGBTQ+ people across London and Greater Manchester.  
[rainbowmind.org](http://rainbowmind.org)

**NHS IAPT Services:** If you live in England and are aged 18 or over, you can access NHS talking therapies services for anxiety and depression. A GP can refer you, or you can refer yourself directly without a referral.  
[www.nhs.uk](http://www.nhs.uk)

**Families and Friends of Lesbians and Gays (FFLAG):** FFLAG offers support to parents, families, and friends of people identifying as LGBTQ+.  
[www.fflag.org.uk](http://www.fflag.org.uk)

**Gendered Intelligence:** Support for young trans/non-binary/gender questioning people aged under 25, and their families.  
[genderedintelligence.co.uk/services](http://genderedintelligence.co.uk/services)



## NO-ONE BLOOMS IN ISOLATION

**LGBTQ+ PEOPLE ARE MORE LIKELY TO SUFFER FROM MENTAL HEALTH CHALLENGES. BUT YOU'RE NOT ALONE.**



Find out what safe, affirming LGBTQ+ Mental health support is out there.

**0345 3 30 30 30** [lgbt.foundation](http://lgbt.foundation)



## LGBTQ+ MENTAL HEALTH CHALLENGES

Lesbian, gay, and bisexual people are more than twice as likely to experience long-term psychological or emotional problems compared to heterosexuals. Stigma and discrimination, exclusion, and rejection put LGBTQ+ people at high risk of mental illness.

A 2018 Stonewall study showed that:

**52%**

of LGBTQ+ people said they've experienced depression in the last year.

**13%**

of LGBTQ+ people aged 18-24 said they've attempted to take their own life in the last year.

**46%**

of trans people have thought about taking their own life in the last year.

**31%**

of cis LGBTQ+ people thought about taking their own life in the last year.

**41%**

of non-binary people said they harmed themselves in the last year compared to 20% of LGBTQ+ women and 12% of GBT men.

As anti-LGBTQ+ sentiment rises in the UK, we're more at risk of mental health challenges than ever. But we're not alone.

*Hidden Figures, 2020*



## LGBTQ+ COMMUNITY EMPOWERMENT

LGBTQ+ identity comes with a powerful antidote to mental health challenges - a wonderful, global community who share your experiences. Despite the mental health issues that LGBTQ+ people disproportionately face, we also have access to strong local and global networks that can empower you to improve your confidence, self-acceptance, and resilience. Sharing your experience with others is an incredibly powerful way to break unhealthy habits. Reaching out for support can change your life:



**EACH SESSION GAVE ME THE UNDERSTANDING AND TOOLS TO HELP ME WORK THROUGH SO MUCH. YOU HAVE A WONDERFUL ENERGY AND KNOWLEDGE THAT HAS EQUIPPED ME WITH THE TOOLS AND CONFIDENCE TO START TO EMBRACE MY LIFE, MY EMOTIONS, MY PAST, AND MY FUTURE, TO LOVE OTHERS AND MOST IMPORTANTLY - MYSELF.**



**IT'S MADE A HUGE POSITIVE IMPACT TO MY LIFE AND REALLY OPENED MY MIND TO THINKING DIFFERENTLY TO SITUATIONS THAT I STRUGGLED WITH.**



**I'VE FELT A HUGE IMPROVEMENT TO MY EVERYDAY LIFE.**

