



LGBTQ+ COMMUNITY SUPPORT FOR SUBSTANCE MISUSE

Here and Now: A mutual aid support group for LGBTQ+ people to share their experiences with substance misuse and addiction with each other in a safe space and a friendly atmosphere.
lgbt.foundation

Chemsafe: A peer-support group of friendly and non-judgmental people that share advice and experiences around chemsex, empowering each other to reach individual goals.
lgbt.foundation

LGBTQ+ SMART Recovery: SMART Recovery is a self-management cognitive behavioural therapy recovery program where you can work with peers in a safe space to learn how to use simple tools to look at motivation, cravings, urges and relapse prevention.
lgbt.foundation

Change Grow Live: CGL offers LGBTQ+ inclusive support and advice across Manchester and England for substance misuse, including chemsex.
www.changegrowlive.org

SMART Recovery: SMART Recovery has a useful tool to search for recovery support near you.
smartrecovery.org.uk

Eclipse Manchester: Eclipse, run by Change Grow Live, offer support and advice for under-25s in Manchester struggling with substance misuse.
www.changegrowlive.org/eclipse

56 Dean Street (London): If you live in London and are looking for support with substance misuse in chemsex, 56 Dean St offer in-house short term work and referral to specialist groups and services.
www.dean.st/chems

Talk to Frank: Talk to Frank has a useful database of local and national services in England that provide confidential information, advice and support.
www.talktofrank.com



NO-ONE BLOOMS IN ISOLATION

**STRUGGLING WITH SUBSTANCE USE?
LOOKING TO CHANGE YOUR RELATIONSHIP
WITH DRUGS OR ALCOHOL?**



YOUR COMMUNITY IS HERE TO HELP.
Find out what safe, affirming LGBTQ+
recovery support is out there.

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SUBSTANCE MISUSE IN THE LGBTQ+ COMMUNITY

LGBTQ+ people are at a high risk of struggling with drug and alcohol misuse. Substance misuse has drastic physical, mental, and social consequences. In the short-term, substance misuse can lead to injuries, violence and antisocial behaviour, unsafe sex, and can impact your education or work. Long-term misuse of drugs or alcohol can change your brain chemistry, causing neurological issues. It can cause major organ damage and lead to life-threatening cancer.

Did you know:

1 in 6 LGBTQ+ people drink alcohol every day, but only **1 in 10** in the general population drink alcohol five or more days in a week.

LGBTQ+ adults are around **4** times more likely to have taken Class A drugs in the last year compared with heterosexual adults.

Hidden Figures, 2020

The causes of such high rates of substance misuse in the LGBTQ+ community are complicated. For many, the easiest way to associate with other LGBTQ+ people is in bars and clubs, and dangerous drug use during chemsex is on the rise. Rising anti-LGBTQ+ prejudice in the UK can have an impact on our mental health, and LGBTQ+ people are already much more likely to suffer from emotional or psychological issues. It's easy to turn to substance use to self-medicate, but much harder to cut out the habit.



YOUR COMMUNITY IS HERE TO SUPPORT YOUR RECOVERY

Sadly, LGBTQ+ people rarely reach out for support until crisis point for fear of mistreatment by healthcare providers. But there's loads of LGBTQ+-led recovery support out there, from peer groups to LGBTQ+-specific recovery programmes. No-one blooms in isolation - the best place to start your recovery is in the community with others who share your experience:



TOLD THE GROUP ABOUT COMING OUT TO MY FAMILY AND GOT GREAT ADVICE. THAT'S NOT SOMETHING YOU CAN GET OUT OF REGULAR AA.
- RECOVERY SERVICE USER



A LOT OF MY DRINKING IS TIED TO MY STATUS IN THE LGBT COMMUNITY, SO I NEED TO HAVE A SPACE WHERE I CAN DISCUSS THOSE ISSUES FREELY.
- RECOVERY SERVICE USER



IT'S AMAZING HOW MUCH MY PERSPECTIVE IS CHANGING AFTER JUST A FEW SESSIONS. I FEEL MORE HOPEFUL, MOTIVATED AND MOST IMPORTANTLY MUCH LESS ALONE. REALLY GRATEFUL FOR THIS SERVICE AND COMMUNITY.
- RECOVERY SERVICE USER

