



We support our LGBTQIA+ Community



Support and Helpful Tips for LGBTQIA+ and Mental Health



Talk to someone you trust. Having someone to chat to is crucial for maintaining good mental health - if you're not comfortable speaking with a friend or family member, **try one of these recommended contacts.**

Have you heard of peer support? Research shows speaking to others with similar or shared life experiences helps improve mental health. You can find support groups that meet in person or online and fit your common interests and needs.



Try Meetup, Eventbrite or Consortium to check what's near you!



Self-Care seems like a no-brainer, but sometimes it's the little things that end up having a big impact on how we're feeling.

It's important to keep up with self-care even when we're feeling good. Eat well, move your body, get enough sleep and try to limit alcohol & avoid recreational drug use. **Check out**

Mind's guide for practicing self-care here.

Seek support from a doctor (GP). Your doctor will be able to talk to you about support, including referrals to specialised LGBTQIA+ support services, like [Indigo](#). **Not sure what to say? Check out Mind's Guide for Seeking Help [here](#).**



5 Check out what specialist LGBTQIA+ support is available near you. Organisations like the LGBT Foundation, Mind and Being Gay is OK provide advice, information, advocacy, and even talking therapies. Many of the volunteers and practitioners recruited by these organisations identify as LGBTQIA+. [Click here](#) for a list of support services.



Speak with a therapist. Talking therapies like counselling and CBT can be helpful to help you better understand and manage your thoughts, feelings and behaviours. You can access talking therapies through the NHS (NHS Talking Therapies near you), privately, through a specialist organisation like the LGBT Foundation, or via the Life Lounge. **[Click here to refer yourself to Life Lounge services.](#)**



7 Know your rights. As an LGBTQIA+ person, you are entitled to the same healthcare as anyone else. It is illegal in the UK to discriminate against anyone for their gender or sexual identity, mental health problem, or any of the other characteristics outlined in the [Equality Act of 2010](#). Do you think you're being discriminated against? [Click here](#) to read about making a complaint, and [here](#) to chat with Mind's Legal Line (open M-F 9a-6p) for mental health rights advice.



PRIDE!