

LGBT+ History Month

This year's theme is medicine #UnderTheScope which celebrates the contribution of LGBT+ people to the field of Medicine and Healthcare. Here are some key LGBT+ people who have made great contributions to the field!

Dr Sara Josephine Baker

An American physician who made great contributions to Public Health in New York specifically within immigrant communities and is largely known for her work focused on lowering infant mortality rates. She was openly gay and lived with her partner until her death.

Dr John Ercel Fryer

Was an American psychiatrist and gay rights activist best known for his speech given in disguise as 'Dr. Henry Anonymous' at the 1972 American Psychiatric Association conference which is often cited as one of the key factors in removing homosexuality as a mental illness from the APA's Diagnostic and Statistical Manual of Mental Disorders. He was the first gay American psychiatrist to speak openly about his sexuality.

Dr Sophia Jex Blake

Was an English physician and teacher who led a decade long campaign (along with 6 other women) to secure women access to university education and allow them to attend medical school and study medicine who went on to become the first woman in Great Britain to practice medicine. She lived with her long-term partner Dr Margaret Todd until her death.

Dr Alan Hart

Was an American physician and tuberculosis researcher who pioneered the use of the X-Ray in tuberculosis detection. X-rays are still used as the gold standard for screening tuberculosis today which has led researchers to believe he has saved countless lives. He became the one of the first trans men to undergo a hysterectomy in the United States.

If you'd like to read more you can [click here](#) to view a link to the Velindre University NHS Trusts timeline of people and events focusing on LGBT+ in medicine and healthcare.

Support Groups and Activities for LGBT+



There has been consistent evidence that those belonging to the LGBT+ community face worse health outcomes and experiences of healthcare often including facing discrimination and feeling their specific needs are not being met. You can watch [Christine's story](#) here, she faced discrimination from her GP when trying to seek mental health support following her wife's death.

Click on the Mind logo above to read other people's stories as well as for support and advice!

Advice for Allies



Blog Post:
[Coming Out at Uni](#)

Don't Suffer in Silence!

Gender identity, gender reassignment and sexual orientation are all protected characteristics under the Equality Act 2010. If you are experiencing bullying, harassment or sexual misconduct of any kind please do not suffer in silence.

Within the University should you wish to get advice check out the information and guidance on our [webpage](#)

If you witness or experience any of these unacceptable behaviours off campus and need assistance urgently please contact the Police, in an emergency dial 999 or if non-urgent 101. Many forms of bullying, harassment and sexual misconduct could constitute a criminal offence.

We hope that when you have/do first come out to a family member or friend you have received great support however we know this is not always the case.

[Stand Alone](#) have some helpful guides around estrangement from family

[AKT](#) support LGBT+ youth (16-25 years old) who are made homeless or living in a hostile environment

Help & Support

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus - Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967

Email: pat@papyrus-uk.org

Opening Hours: Weekdays 10am - 10pm /
Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health

NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

Domestic Abuse Helpline: 0808 2000 247
Opening Hours: 24/7

ManKind

Confidential helpline for male victims of
domestic abuse/violence

Tel: 01823 334 244 Opening Hours:
Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or
violence

Telephone: 0800 999 5428 Email:

help@galop.org.uk

Opening Hours: Monday to Thursday 10am -
8.30pm / Friday 10am - 4.30pm

Online Support



Join with your Uni email address and you'll have immediate access to support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental health and wellbeing

Student Space

Expert information and advice to help you through the challenges of student life

Hub of Hope

A search engine that allows you to find support services near you

Staying Safe

An online resource exploring staying safe from suicidal thoughts

Helpful LGBT+ Websites

[Switchboard](#)

[Stonewall](#)

[MindOut](#)

[National Student Pride](#)

[RaRE Research Report](#)



Umii connects you to other students at Bolton with the same interests, similar course types and societies as you.

Click on the logo to get started!

Copper's TIMETABLE

**PETS AS
THERAPY**

Tuesday 6th February - 12-2pm
Tuesday 20th February - 12-2pm

Copper, along with her human Dennis, can be found in Chancellor's Mall every other Tuesday.

Why not drop by for a tickle, cuddle or ear scratches!

Dennis also has a donation box if you have any spare change for the amazing Pets as Therapy charity



Want to access the Life Lounge?

CLICK HERE

We have Wellbeing and Mental Health Advisors, as well as both a Counselling and CBT Service.

We are free to access for all current students!