LGBTQ
Mental Health Awareness

This pride month, we want to shine a light on mental health in LGBTQ+ community, ensuring our colleagues know where they can get the support they require, should they wish.

Whilst mental health problems are common amongst us all, statistics show that mental health problems are more common among the LGBTQ+ community.

Where you can seek help if you need it:

Mind Out is a lesbian, gay, bisexual, trans and queer mental health service.

You can reach them on:
https://www.mindout.org.uk
01273 234839

Useful links:

Please see below some links, that you can read to better understand how mental health issues may affect the LGBTQ+ community.

https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiqplus-mental-health/about-lgbtiqplus-mental-health/

https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/lgbt-mental-health/

https://www.gmmh.nhs.uk/news/why-is-the-lgbtq-community-disproportionately-affected-by-mental-health-problems-and-suicide-4240/

How to be an ally to the LGBTQ+ community

- **Speak out against prejudice**
  - If you hear someone making an anti-gay joke and being homophobic, call them out.
- **Listen**
  - Be understanding, members of the LGBTQ+ community face issues that others have never had to face before.

- **Use appropriate pronouns**
  - Never assume & always be respectful

- **Be Inclusive**
  - Create an inclusive environment in the workplace

Stonewall

You can reach them on:
https://www.stonewall.org.uk
0800 050 2020

Switchboard is an LGBTQ+ listening service and helpline

You can reach them on:
https://switchboard.lgbt/
0300 330 0630

We would love to hear from you! To get in touch, please email us:

✉ **CorpsTogether@corpssecurity.co.uk**

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