



Mental health support for LGBTQ+ people

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mind.org.uk/equality



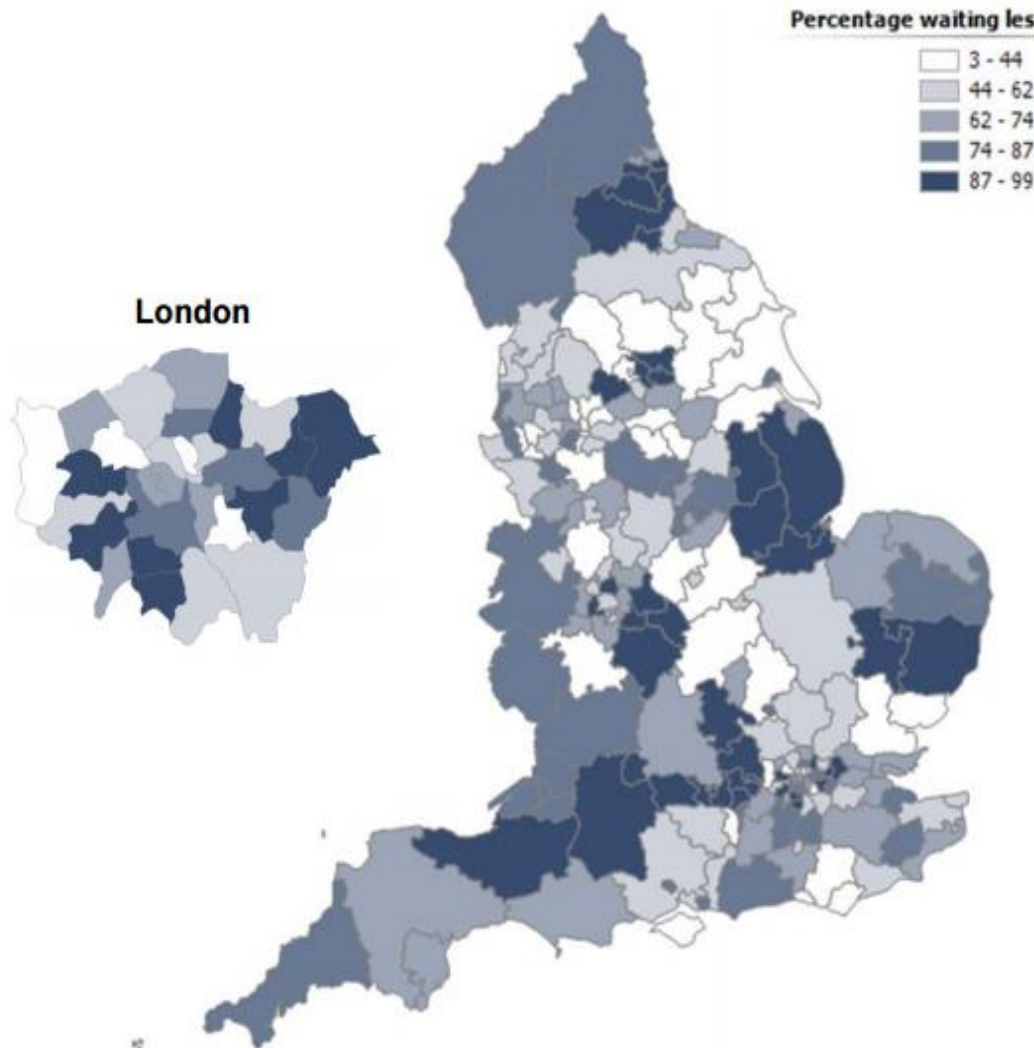
In context: stigma and discrimination people with mental health problems face

- Nearly 9 out of 10 people with mental health problems are affected
- Two-thirds have stopped doing things because of stigma they face – applying for jobs, making new friends, going out to pubs and shops
- It can even prevent people from reporting a crime (hate crimes, etc.)

Service context: NHS services under pressure

Figure 9: Waiting times by Clinical Commissioning Group, 2014/15

Proportion that waited 28 days or less for treatment



- Cuts to funding (especially for specialist provision & training)
- Huge levels of unmet demand & need
- Long waiting times for treatment in some areas
- Inequalities in access and quality outcomes affecting minority groups

What can Mind offer to meet this need?

140+ local
Minds across
England and
Wales



We support almost
500,000 people every year

2,500 staff

7,000 volunteers

More than **1100** trustees

People living with mental
health problems are
involved in the running of
all local Minds

LGBTQ+ specific offer: LOCAL (I)

We are actively supporting our local services to develop LGBTQ specific offers. A couple of examples:



- PAN LONDON, self-referral
- Client-led LGBTQ service
- Range of services includes psychotherapy, counselling, one-to-one and group art therapy, cooking, alternative therapies, creative activities, advocacy and crisis support.

020 7272 5038

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It's the only place I've ever felt understood



LGBTQ+ specific offer: LOCAL (2)

FOR CITY &
HACKNEY residents:

Offers a range of
LGBTQ+ specific
groups and 1-2-1
support to help
people through a
difficult time

To find out more call
0208 525 2301 or
get in touch by emailing
Lorna.Fulton @cityandhackneymind.org.uk

Free LGBTQ+
mental health
and wellbeing
support for
people living
in Hackney



LGBTQ+ specific offer: NATIONAL (1)

Mental health and being LGBTQ+

I'd like to hope that by talking about my story... it can help other people know that they're not alone.



Take our LGBTQ mental health survey

Some of us identify ourselves as LGBTQ+ which means we may be lesbian, gay, bisexual, trans, queer or questioning - or we may define our gender and sexuality in other ways.

Those of us who identify as LGBTQ+ are more likely to experience a mental health problem than the wider population. This is because LGBTQ+ people experience bullying, rejection, stigma and discrimination which too often lead to low self-esteem, depression, anxiety and isolation.

At Mind, we believe we should all look out for one another's mental health, especially when we know that some of us suffer higher levels of discrimination and isolation. Talking about these issues and seeking support where and when we need it are important ways that LGBTQ+ people can manage their mental health.

On this page, you can find out more about our work with LGBTQ+ communities, and read and watch personal experiences of LGBTQ+ people with lived experience of mental health issues.

 We'd like to say a big thank you to our friend at Mind Out who helped us make the following video and blog possible.

Mental health and being LGBTQ | Christine's story

Mental health & being LGBTQ



Christine's story

"If you're gay and you're suffering from a mental health issue... things seem to be a lot darker."

When Christine's wife died, she faced discrimination from her GP and struggled to find the help she needed.

Take our LGBTQ mental health survey

A dedicated page on our website sharing stories of LGBTQ+ people experiencing mental health problems

This raises profile and encourages others to **spea**k up, to **connect**...

mind.org.uk/lgbt



LGBTQ+ specific offer: NATIONAL (2)



LGBTQ+

inclusive mental health
services for all sexual
orientations, gender
identities and
expressions



If you need to talk...
We are there for you!

Call 0300 123 3393

Text 86453

Visit mind.org.uk/lgbt

Be part of our online community:

elefriends.org.uk



Any questions?

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To find out more:

www.mind.org.uk/equality

