

# MENTAL HEALTH &

## LGBTQ+

Anyone can experience a problem with mental health. But those of us with LGBTQ+ identities may face extra challenges around getting the right support. The tips on this page may help. Remember that different things work for different people at different times.

### Talk to someone

It might feel hard to start talking about how you are feeling. But many people find that sharing their experiences can help them feel better. It may be that just having someone listen to you and show they care can help in itself. If you aren't able to open up to someone close to you, there are several LGBTQ+ helplines you can call, such as [Mind](#) or you can speak to any member of staff. If you are worried about starting the conversation then you can email the safeguarding team at [safeguarding@nailseaschool.com](mailto:safeguarding@nailseaschool.com) and a member of the safeguarding team would be happy to start the conversation for you.

### Self Care

Self-care means things we do for ourselves to help improve our mental and physical health. Internalised homophobia, biphobia or transphobia might mean you struggle to be kind to yourself. But practising self-care can help boost your self-esteem. Here are some ideas below which may help.

Try joining an LGBTQ+ specific group this could be anything from a community project to a hobby group. The important thing is to find an activity you enjoy to help you feel motivated. LGBTQ Meetups is one way you can find such groups.

Think about your diet and sleep Improving your diet and the quality of your sleep can help your mental health.

Try to do some physical activity. Exercise can help improve your mood. You can exercise by yourself or you could try joining an LGBTQ+ sports group. You could find a group using Pride Sports' LGBT+ Sports Club Finder.

# Ask your Doctor for help

Your doctor (GP) is there to help you with your mental health as well as your physical health. They could:

- make a diagnosis
- offer you support and treatments, such as self-help resources, talking therapies, and possibly medication
- refer you to a specialist LGBTIQ+ mental health service, if one exists near you.

Opening up to a doctor about your personal thoughts and feelings isn't easy for anyone. Being LGBTIQ+ can make it feel even harder. There are lots of reasons to not want to come out as LGBTIQ+ to your doctor when you talk to them about your mental health. And lots of reasons you might feel anxious about what will happen if you do. You don't have to tell your doctor that you're LGBTIQ+ to get their help. But if you do, they they might find it easier to get you the right support.

## SUPPORT AVAILABLE TO YOU:

### IN SCHOOL :

Weekly LGBTQ+ group

Well Spring Counselling Services

Mentoring

Pastoral Team

School Nurse

### COMMUNITY SUPPORT :

Well Spring Counselling Services

GP

CAMHS