Mentally Healthy Communities

It's quite likely that one day you, one of your friends, colleagues or family members will experience a mental health problem. Yet mental illness is still surrounded by prejudice, ignorance and fear. It's also likely that you, friends, acquaintances or family members will have experienced prejudice based on sexual orientation and/or gender.

Although anybody can experience difficulties with their mental health, people who identify as lesbian, gay, bisexual and/ or transgender (LGBT) are significantly more likely to than those who don't. This is because LGBT people experience bullying, rejection, stigma and discrimination which too often lead to low self-esteem, depression, anxiety and isolation.

We can all contribute to building a more mentally healthy and supportive community.

We can start by challenging our own assumptions, fears and prejudices about people who experience mental health problems and our assumptions about the lives of people who identify as lesbian, gay, bisexual and/or transgender (LGBT).

In a healthy community we recognise that what we say and do can have positive and negative effects on others. We can all do things that even in some small way improve the quality of other people's lives.

We can respect each others' differences and support each other.

We are near you

Find out more about the services on offer and how they can support your wellbeing.

IGBT Foundation info@lgbt.foundation www.lgbt.foundation 0345 3 30 30 30

MindOut Online Chat service www.mindout.org.uk

Manchester Mind info@manchestermind.org www.manchestermind.org 0161 226 9907

YASP | Manchester Mind's service for 15 to 25 year olds
yasp@manchestermind.org
www.manchestermind.org
0161 221 3054



LGBTQ mental

health service



let's end mental health discrimination



Let's Get Better Together

Let's build a resilient and supportive community

Some things we can all do to improve the mental health of our communities:

Keep in touch

We can keep in touch with the people we know, especially if you think they are having a difficult time. Simply asking "How do you feel?" can make a big difference to someone.

Listen

We can try to listen well when people tell us about any difficulties they are having. We can look out for people who seem anxious or ill at ease.

We can make sure we are open and supportive if people confide in us.

Trust is important in a healthy community.

Stop stigmatising

We can stop stigmatising other people. It's too easy to put people down who are different from us in some way.

We behave and dress differently; we are from different ethnic groups; some of us are lesbian, gay, bisexual and/or transgender. We should celebrate our diversity.

Stigma hurts. Think about how what you say and do may affect others around you.

Talk about mental health

We can challenge our own assumptions, fears and prejudices about people with mental health problems.

People's mental health difficulties are very often made worse by isolation, and the rejection and stigma they experience from members of their communities.

We should all find out more about mental health and how to look after our own wellbeing and talk to others about it.

Connect with people, get involved!

Meeting with other people, sharing your experience and getting involved in something meaningful are great ways to keep well!

You can access supportive online communities like Elefriends, a safe place where you can be yourself, where you can listen, share and be heard.

Elefriends.org.uk

There are many types of services to support your mental health & wellbeing!

These are some of the services that you could access in your area:

- > Advice and information services
- > Counselling and talking therapies
- > Social support groups
- > Drop-in centres
- > Employment services
- > Crisis care
- > Training and volunteering opportunities
- > Peer-support
- Online support like the out of hours web chat offered for LGBT people by MindOut: www.mindout.org.uk

For more information and signposting you can contact Mind's info-line:

Call 0300 123 3393 - Text 86463

Or you can visit our website mind.org.uk

