



MIND

TALK

LGBTQ+



**Hello!**

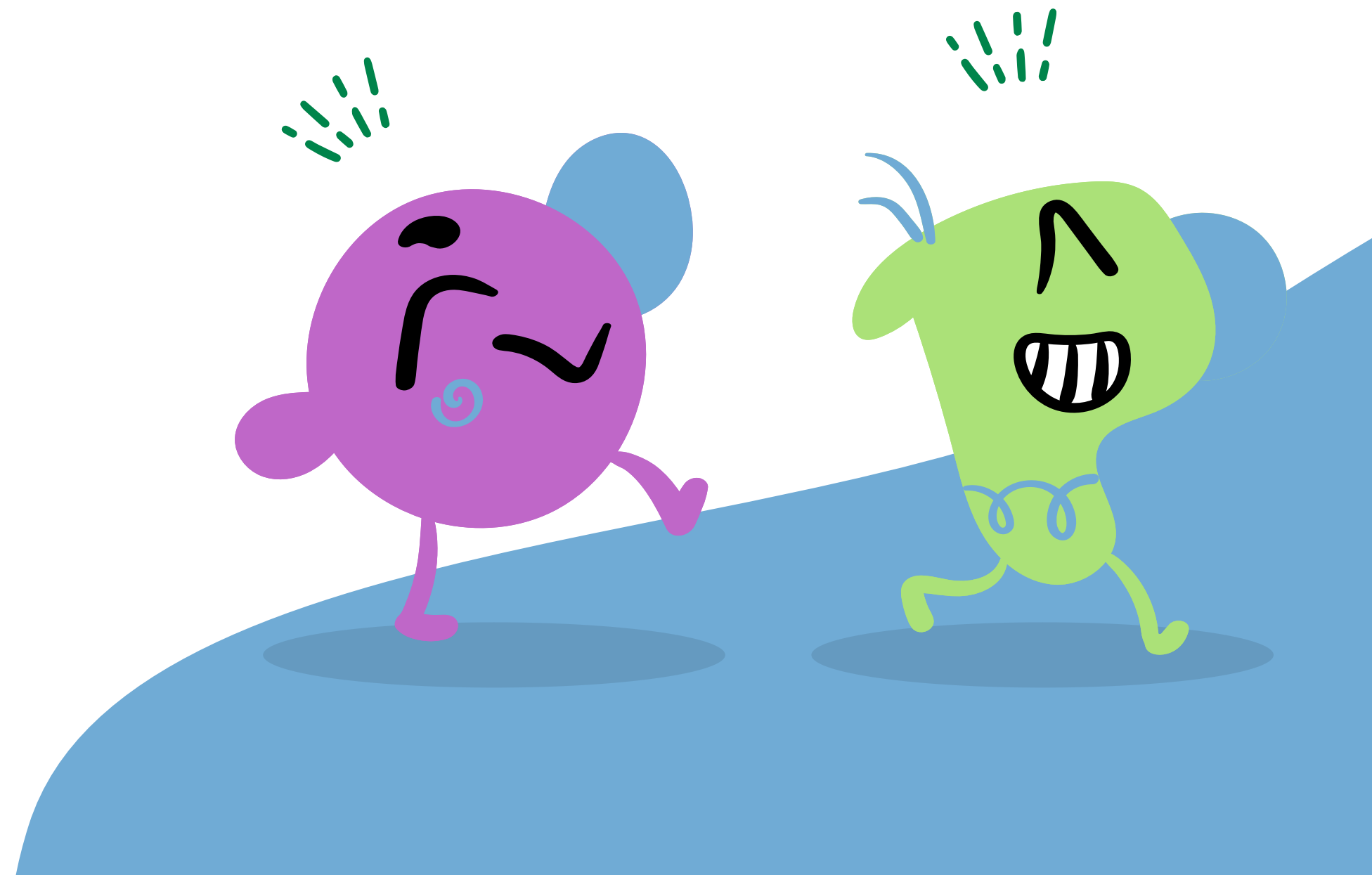
**Hope everyone's doing great.**



# What is the mindtalk programme?

The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



# Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.





# LGBTQI+

“All young people, regardless of sexual orientation or identity deserve a safe and supportive environment in which to achieve their full potential”

Harvey Milk

Click the pic to watch a useful vid



# Big Question

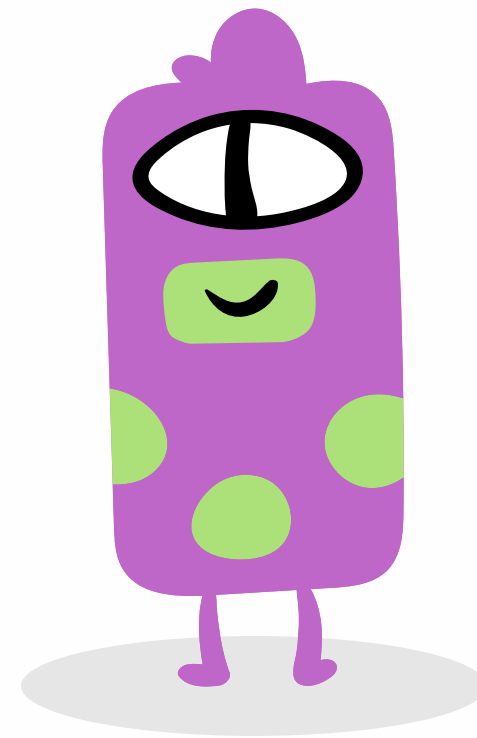
How can society effect the  
mental health of LGBTQ+  
people?



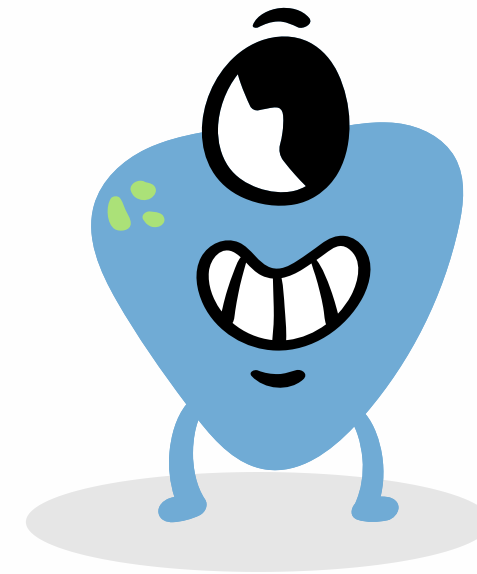
# Talking points



How can we create a more accepting society?



What is homophobia and transphobia? How would you challenge homophobic and transphobic language?



Why is it important that we accept ourselves and that we accept others for who they are?





*the* PROUD TRUST  
...is the home of LGBT+ youth  
(Lesbian, Gay, Bisexual, Trans  
+ other identities such as  
asexual, intersex, questioning...)

Find your nearest LGBTQ+ youth group - head to [proudtrust.org.uk](https://proudtrust.org.uk) and click the link to find a group!

# Where do we go from here?

Some useful websites:

- <https://www.stonewall.org.uk/>
- <https://www.theproudtrust.org/>
- <https://mermaidsuk.org.uk/>
- <https://mygenderation.com/>
- <https://www.justlikeus.org/>
- <https://www.mosaictrust.org.uk/>
- <https://www.tranzwiki.net/>



# REMEMBER

It's okay not to be okay  
Help is always there  
If you would like to speak to somebody in  
confidence - call Childline on 0800 1111



## In school support:

When you are in school, you can go to your form tutor/head of year if you need extra support, or even if you just need to talk.

