

LGBTQI+ & MENTAL WELLBEING

“Research has shown that lesbian, gay, bisexual, trans and intersex (LGBTQI+) young people are over two-and-a-half times more likely to have a mental health problem as those who identify as heterosexual. Being LGBTQI+ does not mean that a young person will have a mental health problem - the majority of LGBTQI+ young people do not, and many feel they can cope with the ups and downs of everyday life. However, identifying as part of the LGBTQI+ community can lead to unique challenges in growing up and as an adult including fears about coming out, worries about being accepted by friends and family, and the impact of prejudice and discrimination.” Anna Freud.org Further information and resources can be found [here](#).

Other Useful Websites

[Stem4: Supporting Teenage Mental Health](#)

[Strong Family Alliance](#)

[Pay What you Can Peer Support](#)

[Gay Glos](#)

[Mermaids UK](#)

[Fumble](#)

[Just Like Us](#)

