

# LGBTQ+ History Month

## Mental Health & LGBTQ+ People.

The last few years have been tough on everyone's mental health, and the LGBTQ+ community is no exception. We were already more vulnerable to all kinds of mental health issues like low self esteem, depression, anxiety, eating disorders and more, but between the lack of access to LGBTQ+ spaces, being stuck at home with unsupportive or even homophobic/transphobic family, and a lack of support services, its no surprise that our community continues to struggle.



Thankfully we are out of lockdown and things are still slowly picking up, but that doesn't mean we aren't still facing the same challenges we had before COVID. Issues like bullying, self harm and suicide continue to affect our community, and if you, or anyone you know might be affected by these or any other mental health issues, then please reach out. There are many organisations offering free counseling and support around the clock, so help is always just a click or a phone call away.

- [Kooth \(kooth.com\)](https://www.kooth.com) - Free safe and anonymous counseling for young people. Counselors available until 10pm every day.
- [Samaritans | Every life lost to suicide is a tragedy \(samaritans.org\)](https://www.samaritans.org) - Trained volunteers available 24/7, freephone on 116 123.
- [Galop - the LGBT+ anti-abuse charity \(galop.org.uk\)](https://www.galop.org.uk) - Helplines and other support to LGBTQ+ people who have experienced hate crimes and abuse.
- [Mermaids \(mermaidsuk.org.uk\)](https://www.mermaidsuk.org.uk) - Supports trans and gender-diverse young people aged up to 18, and their families. They offer helplines and webchat.
- [Q:alliance \(qalliance.org.uk\)](https://www.qalliance.org.uk) - Milton Keynes LGBTQ+ charity offering a range of services and signposting, including counseling and community groups/activities.
- [Pink Therapy | Gender and Sexual Diversity Therapy in the UK \(pinktherapy.com\)](https://www.pinktherapy.com) - an online directory of therapists who work with LGBTQ+ people, and specialise in LGBTQ+ issues.