

# SUPPORTING LGBTQ+ MENTAL HEALTH

**THURSDAY 7TH  
DECEMBER, 2023**

**09.30 - 12.30**

Join The Diversity Trust for a three-hour online workshop exploring the experiences of LGBTQ+ people. Together, we'll examine the current situation for LGBTQ+ people in the UK, discuss the impacts on community mental health and wellbeing, and work together to identify ways of supporting the community into the future.

The workshop will be facilitated by the Trust's core LGBTQ+ Team: Joni Clark (they/them), Sam Russell (he/him), and Gaia Reed (she/her).

To book your space, sign up at: <https://forms.gle/pqkpV6JMrkpZRgEb9>

For any queries, contact the Diversity Trust's LGBTQ+ Team on [lgbtqplus@diversitytrust.org.uk](mailto:lgbtqplus@diversitytrust.org.uk)

The 3-hour workshop will be divided into two parts and include a 10-minute comfort break.

## **PART 1**

We'll present key information to attendees, covering essential topics including history, language and terminology, mental health and wellbeing, and issues facing the LGBTQ+ community in the UK today.

The session includes time for people to ask questions throughout the delivery, and we'll provide a Slido link for anonymous questions.

## **PART 2**

After the break, we'll be exploring the mental health and wellbeing of LGBTQ+ people and sharing lived experience examples of the impacts and outcomes the community faces.

Using breakout rooms, attendees will be supported by our facilitators to identify gaps and areas for improvement in their services' approaches to working with LGBTQ+ people, and come up with practical ideas for improving inclusion.