

HAPPY

PRIDE MONTH



CELEBRATING LOVE, SUPPORTING MENTAL HEALTH

We recognize that LGBTQIA+ individuals often face unique mental health challenges. Whether it's anxiety, depression, or the effects of discrimination — your experiences matter and your mental wellbeing matters. ✨



We provide a safe, inclusive space for therapy, support, and understanding. Our trained professionals are here to help you navigate your journey with compassion and respect.

Support - 0800 880 7373

helpline@sixmha.org