

# PRIDE MONTH - MENTAL HEALTH MATTERS

# *LIVE PROUD,*

# *LIVE WELL*

**You don't have to be LGBTQ+ to support equality and mental health.**

## **RISKS**

- **Gay and trans people are at greater risk for anxiety, depression, and suicidal thoughts.**
- **Stigma, discrimination, and rejection can lead to isolation and poor mental health.**
- **46% of young LGBTQ+ people have considered suicide.**

## **SUPPORT**

- **Acceptance and affirmation significantly improve mental health.**
- **Address discrimination and provide inclusive, supportive environments.**

## **BE AN ALLY**

- **Listen non-judgmentally to LGBTQ+ people**
- **Educate yourself about gay and trans issues.**
- **Stand up against homophobia and transphobia**



**HELPLINE - 0800 8807373 | SIX MHA APP CODE - LVZ-489-754**

