

**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 - 07360 533 028**

**helpline@sixmha.org**