

# “TOGETHER WE HEAL”

Pride reminds us that nobody should struggle alone.

For many LGBTQIA+ people, discrimination, rejection, bullying, and fear can deeply impact mental health and addiction issues. Higher levels of anxiety, depression, trauma, loneliness, and substance misuse often stem from exclusion and minority stress - not from who they are.

**UNITY IS ABOUT CONNECTION, COMPASSION, AND BELONGING.**



When people feel accepted and psychologically safe:

- Mental health improves
- Shame reduces
- Recovery becomes possible
- Confidence grows
- Isolation decreases

How We Can Create Unity

- Listen without judgement
- Challenge harmful language
- Support inclusive workplaces
- Talk openly about mental health
- Create safe recovery conversations

## MYTH VS FACT

**MYTH:** “Pride isn’t needed anymore.”

**FACT:** Many LGBTQIA+ individuals still face discrimination, hate, and mental health inequality today.

## KEY MESSAGE

Connection saves lives.

Together, we create safer workplaces, healthier communities, and spaces where people can truly be themselves.



24/7 Confidential Helpline- 07441 935 912 | [helpline@sixmha.org](mailto:helpline@sixmha.org)  
[www.sixmha.org](http://www.sixmha.org) Scan for the SIX MHA App - BAR-298-258