

“NO PRIDE WITHOUT INCLUSION”

“There is no pride for some of us without liberation for all of us.”

Pride must include everybody - especially those who continue to face the greatest barriers to safety, wellbeing, and support.

Many LGBTQIA+ people, particularly trans and marginalised communities, experience:

- Mental health inequality
- Discrimination and harassment
- Isolation and rejection
- Increased risk of addiction and self-harm
- Difficulty accessing safe support

Affirmation, inclusion, and compassion can dramatically improve mental health outcomes and reduce shame, fear, and isolation.

What Inclusive Support Looks Like

- Respect names and pronouns
- Avoid assumptions
- Include diverse voices
- Make support accessible
- Challenge discrimination openly



MYTH VS FACT

MYTH: “Using pronouns is political.”

FACT: Respecting somebody’s identity helps create psychological safety and belonging.

KEY MESSAGE

Nobody should have to hide who they are to feel safe, supported, or worthy of care.

Pride belongs to all of us.



24/7 Confidential Helpline- 08008 807 373 | helpline@sixmha.org
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