

“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- 07480 726 082 | helpline@sixmha.org
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