

“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.



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