

Alcohol and Drug Snapshot

June 2023



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NHS Greater Glasgow and Clyde (NHSGGC), NHS Lothian and Public Health Scotland recently commissioned a health needs assessment of lesbian, gay, bisexual, transgender and nonbinary people. The findings evidenced that LGBTQ+ people face health inequalities on every measure of wellbeing. Some of the key findings in relation to alcohol and drugs highlighted the following.

44% had used drugs and that bisexual men and women were the most likely to have used drugs.

Source

26% drank alcohol twice a week or more and that gay and bisexual men were the most likely to give responses indicating risk of alcohol related harm

Training and Learning

This introductory e-learning course is aimed at people working in substance use and LGBTQI+ services. The course aims to increase knowledge and awareness of how LGBTQI+ people use substances, the health inequalities they experience, and the specific barriers they encounter when trying to get support. By the end of this course participants will know how to make their services more inclusive.



David Whiteley of Glasgow Caledonian University presents a scoping review on alcohol marketing to Sexual and Gender Minorities/the LGBTQ+ community.



Resources



This website has been developed for and by members of the Glasgow LGBTQ+ community and substance use professionals to provide information and advice to LGBTQ+ people about alcohol and drugs.

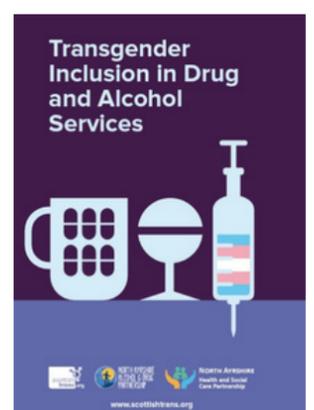


Glasgow LGBTQI+ Substance Use Partnership developed a service guidance resource for any substance use organisation or service on how to ensure that you are as LGBTQI+ inclusive as possible.



The NHS Scotland Pride Badge promotes inclusion for LGBTQ+ people and makes a statement that there's no place for discrimination in NHS Scotland. If you are an NHS employee make the pledge and wear the badge with Pride!

Further Reading



How to make your service LGBTQI+ inclusive

Think about how clients first encounter your service, be that in physical locations such as an office, or online via email, websites or social media. Are there any obvious signs that your service is LGBTQI+ inclusive? If not, consider how you might add some examples might include:

- Displaying a Pride flag in your reception area
- Adding preferred pronouns to your email signature
- Having a page on your website dedicated to LGBTQI+ communities
- Displaying LGBTQI+ banners on social media/websites around LGBTQI+ awareness months/days if you're running groups or meetings (not just LGBTQI+ specific groups/meetings)
- Ask people to give their preferred pronouns when putting out messages, resources, articles, social media posts specifically aimed at the LGBTQI+ community



[Source](#)

Websites and Services



The ethos at SX is to be sex positive and we strive to improve the physical, sexual and mental health and wellbeing of all men who have sex with men. SX works with cis and trans men, and many other allies across Scotland.



Scotland's national charity for LGBTI young people, working with 13–25 year olds across the country.



Waverley Care is Scotland's leading HIV and hepatitis C charity, and everything we do is guided by the experiences of the people we work with – this ranges from shaping the services we deliver through to how we influence national policy around sexual health and blood borne viruses.



The Equality Network aims to bring about equality and improve the human rights situation of lesbian, gay, bisexual, transgender and Intersex (LGBTI) people in Scotland.



NHSGGC Sandyford is specialist sexual health services for Greater Glasgow and Clyde.



Simon Community provide information, advice, care, support, accommodation & homes to people experiencing, or at risk of, homelessness.