

LGBTQ+ Health Inequalities

Health inequalities are the unjust and avoidable differences in people’s health across the population and between specific population groups. Health inequalities do not occur randomly or by chance, but are socially determined by circumstances largely beyond an individual’s control. Evidence shows that LGBTQ+ people have disproportionately worse health outcomes compared to others.

Substance use and mental health problems can affect any of us, but they're more common among people who are lesbian, gay, bisexual and trans. This may be linked to their experience of discrimination, homophobia or transphobia, bullying, social isolation, or rejection because of their sexuality.

LGBTQ Charter

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The NHSGGC Mental Health, Alcohol and Drugs Health Improvement Team have been actively involved in supporting Glasgow City Health and Social Care Partnership Health Improvement, work towards the LGBT Silver Charter mark. The LGBT Charter is a programme to support organisations to undertake training, review policies, practices and resources to become an LGBTQ+ inclusive environment.



“Please note different acronyms have been used throughout this communication reflective of what is used by the organisations and resources we are sharing”

Learning

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LGBTQI+ Substance Use. This 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.

An Introduction to Equality, Diversity and Human Rights.

- Participants will explore:
- Equality and human rights responsibilities
 - Discrimination, harassment and inappropriate behaviour in the work place
 - The meaning of key words and why language is important and actions they can take



The Open University offer a collection of free resources exploring sexuality and LGBTQ+ history across the core faculty areas.

Mental Health and Alcohol Healthy Minds Session (no 16) provides a basic awareness and understanding of mental health and the links with alcohol and support available for those struggling with alcohol and mental health issues.



Resources Across the Life Course



Perinatal and Infant Mental Health Good Practice Guide is a resource underpinned by the nine protected characteristics and gives suggestions as to what organisations might do to remove or minimise disadvantages by new and expectant parents and their infants due to their protected characteristics.

A one-stop platform for teachers to access quality approved materials, resources, and professional learning linked to Scotland’s Curriculum to support the implementation of **LGBT Inclusive Education**.



Advice from **Internet Matters** for professionals working with LGBTQ+ young people aged 7-18 around the range of harms they might be exposed to online (e.g. being "outed", online bullying, or hate speech) and supportive responses.

A Manual For Me: surviving and thriving as an LGBTQ+ person, a toolkit to help plan for times when coping is hard.



LGBTQ+ Supports and Resources: hosts a range of information and supports for LGBTQ+ communities across the life course. Resources include mental health, alcohol, drugs, sexual health, digital and many more.

How to make your substance use service LGBTQI+ inclusive

Think about how people first encounter your organisation, 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



[Source](#)



- 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

Queer Families. Hints and Tips for Services working with LGBTQ families. A resource to help to inform services responses to LGBTQ families, so that they can provide inclusive support for everyone.



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Reading

- [Typologies of alcohol and other drug-related risk among lesbian, gay, bisexual, transgender \(trans\) and queer adults](#)
- [Alcohol and Substance Use and Dependence Within the LGBTQ+ Adult Population: An Exploration of Psychological and Social Factors](#)

Useful websites and services

[Click on images to download information](#)

Kinder Stronger Better.

Provides the Glasgow LGBTQ+ community and substance use professionals to provide information and advice to LGBTQ+ people about alcohol and drugs.



LGBT Health and Wellbeing

is a National health and wellbeing charity for LGBTQ+ adults. They offer a number of support services including an LGBT helpline.



LGBT Youth Scotland

working with 13–25 year olds across the country. Offering a range of in-person and digital supports including a webchat and online community, Pride and Pixels.



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.



Waverley Care is Scotland's leading HIV and hepatitis C



WAVERLEY care Positive about HIV, Hep C & Sexual Health in Scotland

charity. Waverly Care provide advice and support for people living with or at risk of HIV and hepatitis, and information about sexual health.

NHSGGC Sandyford is the specialist sexual health services for Greater Glasgow and Clyde. Provide a range of services for LGBTQ+ people.



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



Helplines

LGBT Helpline: Provide information and emotional support to LGBT+ people, their families and friends. Call **0800 464 7000** Tues & Wed (12-9pm) Thursdays & Sundays (1-6pm)

GALOP: A National LGBT+ Domestic Abuse Helpline offering emotional and practical support for LGBT+ people experiencing domestic abuse. Call **0800 999 5428** Mon–Thurs, 10am to 8:00pm, Fri, 10am to 4:00pm.

Scottish Families Affected by Drugs and Alcohol: If you are concerned about someone else's alcohol or drug use, call **08080 101 011**

NHS24 Mental Health Hub: Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.