

Mental Health Improvement Team

LGBT History Month 2025



LGBT History Month was established to highlight the contributions of the LGBTQ+ community and to raise awareness about the ongoing fight for equality and human rights. It also offers an opportunity to amplify the voices of LGBTQ+ individuals and allies, promoting a culture of acceptance and respect for everyone, regardless of their gender identity or sexual orientation.



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.

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 snippet, reflective of what is used by the organisations and resources we are sharing”

Learning

click on images to download information

Introduction to Equality, Diversity and Human Rights. Learners will be introduced to: equality and human rights responsibilities discrimination, harassment and inappropriate behaviour in the workplace, the meaning of key words and why language is important and actions they can take.



Collection of free resources exploring sexuality and LGBTQ+ history across the core faculty areas within The Open University.

Stigma and Discrimination Healthy Minds Session (number 15): can be used by anyone to raise awareness of mental health stigma and discrimination. The session comes with a powerpoint presentation, facilitators notes, a supporting resources handout and is adaptable to suit the needs of audiences and time available.



Resources

click on images to download information



LGBTQ+ Supports and Resources: document that brings together a range of information and supports for LGBTQ+ communities across the life course, from perinatal and infant mental health, children and young people, through to adults. Resources include mental health, alcohol, drugs, sexual health, digital and many more.

The Equality Network works for lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights in Scotland. We strive to be inclusive and open in our work, to challenge discrimination and to consult, involve and inform the individuals and the communities for which we work.



Schools OUT UK aims to promote equality and diversity for the benefit of the public. Through education and advocacy they empower people in all learning settings to create environments where all LGBT+ people feel safe, seen, and supported.

Fighting With Pride supports the health and wellbeing of LGBT+ Veterans, service personnel and their families – in particular those most impacted by the ban on LGBT+ personnel serving in the Armed Forces prior to January 2000.



Helplines, Webchats and Online Supports

Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub. If the you feel the individual is in immediate danger call **999**.



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

Samaritans: Call any time, day or night. Whatever you're going through, you can call any time, from any phone for **FREE, 116 123**.



For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am.

