

# LGBTQI+ Mental Health - behind the scenes

The Anna Freud Centre produced a guide to clarify some important topics in relation to being a member of the LGBTQI+ community, and to provide advice for LGBTQI+ young people to get additional help and support for mental health problems, should they arise. In this poster, we provide a look behind the scenes of how we've gathered advice and information for young people. This resource was developed by Matthew Doyle, Rosa Town and Thomas Osborn. This resource was created in November 2021.



“ Don't let anyone (including yourself) trick you into thinking you are broken. You will grow and change so many times in your life and needing help to adapt is nothing to be ashamed of. Reach out. You'd be surprised how many people reach back.

**Workshops and consultation with Young Champions**

“ Young people's illuminating survey responses helped us to focus the topics and the overall tone of the resource. This focused on good mental health as well as difficulties.

**Final consultation and feedback sharing by Young Champions**

 For more specialist mental health support from a service specialising in LGBTQI+ young people's mental health, please see the [Youth Wellbeing Directory](#), which has over 1,500 free to access mental health services.

**Reasons for producing LGBTQI+ guide**

We know that: LGBTQI+ youth are more than two-and-a-half times more likely to have a mental health problem as those who identify as heterosexual.

We wanted to find out what helps young people in the LGBTQI+ community, what barriers exist when accessing mental health support and what mental health resources would be helpful in order to avoid crisis point.

**Survey of LGBTQI+ young people across the UK**

We've asked young people questions about how they identify, and their experience with mental health problems, discrimination and mental health support. We've also asked young people what advice they would give to other LGBTQI+ young people seeking support.

**Findings analysed and summarised by PhD researchers**

Topics we've identified:

- Coming out
- Intersectionality
- Common challenges for LGBTQI+ people
- Trans and non-binary young people
- Intersex young people
- LGBTQI+ specific help and support

**Findings and draft report shared for feedback with EDI Working Groups**

Young Champions in the Anna Freud Centre are young people with personal or indirect experience of mental health problems who support and feed back on the work in the Centre.

The Equity, Diversity and Inclusion (EDI) Working Groups' role is to advise and support the Anna Freud Centre in the development of a Centre-wide EDI Strategy, to ensure that the culture of the Centre is inclusive and everyone's voices are heard.

**Dissemination of final report**

-  [Download the LGBTQI+ Mental Health Guide here.](#)
-  Share the guide with your networks.
-  [Email us](#) if we've missed anything or you have any questions.
-  For more advice and help, visit the [Anna Freud Centre On my Mind website](#).