Queer Futures 2 Checklist: What works to support LGBTQ+ young people's mental health?

This checklist accompanies our **Guidance for NHS commissioners**, which can be accessed here.

☐ **Accessibility** – Have specific steps been taken to identify and remove barriers and ensure that the service is accessible specifically for LGBTQ+ young people?

☐ **Intersectionality** – Does the service recognise and pay attention to different experiences and needs among LGBTQ+ young people? Have specific steps been taken to identify those young people who may be being excluded or overlooked?

☐ **Youth rights** – Are LGBTQ+ young people's human rights acknowledged explicitly in service policy and information? Are these rights upheld for LGBTQ+ young people in the service?

☐ **Agency** – Does the service educate and empower LGBTQ+ young people to make informed decisions about their treatment and lives? Are LGBTQ+ young people meaningfully involved in the design and evaluation of services at all stages?

☐ **Belonging** – Does the service foster belonging and connection for LGBTQ+ young people?

☐ **Body** – Does the service support LGBTQ+ young people in bodily wellbeing and self-expression?

What works in early intervention mental health support for LGBTQ+ young people?

1

☐ **Emotion** – Does the service use an emotion-centred approach to LGBTQ+ young people's feelings?

☐ **People** – Does the service support LGBTQ+ young people to navigate important relationships in their lives (without assuming what these are), including: support staff; peers; LGBTQ+ adults; family; school or college; work?

☐ **Possibility** – Does the service support LGBTQ+ young people to imagine and work towards futures on their own terms?

☐ **Recognition** – Does the service recognise, affirm and value diverse LGBTQ+ identities and experiences?

☐ **Safety** – Is the service safe for LGBTQ+ young people, in ways that extend beyond immediate physical safety? Are LGBTQ+ young people involved in defining what safety means for the service?

☐ **Space** – Does the service prioritise a sense of definition and ownership of support space(s) on young people's terms? Are LGBTQ+ young people involved in decisions about the design, layout and use of support space(s)?

☐ **Time** – Is the service timing, frequency, duration and pace organised in a way that reflects and makes sense in the context of LGBTQ+ young people's lives?

What works in early intervention mental health support for LGBTQ+ young people?

2