

KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

INTERSECTIONALITY

HOUSING PROBLEMS?
COME GET SUPPORT AT OUR DROP-IN: MONDAYS 4-7PM

SOBER MOVIE NIGHT
FRIDAYS 7PM
ALL FILMS ARE CAPTIONED
LET US KNOW IF YOU HAVE ANY ACCESS NEEDS

QTIPOC SOCIAL!
JOIN US 1PM SAT FOR SNACKS AND HOT DRINKS

ADVICE FOR...

COMMISSIONERS AND POLICYMAKERS

YOUNG PEOPLE

SUPPORT PROVIDERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

IT MAY BE HELPFUL FOR YOU TO HAVE...

YOUR SERVICE SHOULD...

★ CORE TRAINING ABOUT ALL MARGINALIZED IDENTITIES

★ ACCESS TO GROUPS RUN BY AND FOR PEOPLE WHO SHARE ALL ASPECTS OF YOUR IDENTITY

★ DEVELOP ANTI-OPPRESSIVE WAYS OF WORKING WITH LGBTQ+ YOUNG PEOPLE THROUGH TRAINING AND PARTNERSHIP

★ ROBUST EQUALITY AND INCLUSION FRAMEWORK

★ RECOMMENDATIONS FROM PEOPLE YOU TRUST

★ EXPERTISE AND LIVED EXPERIENCE OF THE DIVERSE IDENTITIES OF LGBTQ+ PEOPLE

★ OPPORTUNITIES TO TELL A SERVICE WHAT YOU NEED

WHAT DO YOU THINK THIS FORM SHOULD ASK?

★ INCLUDE A DIVERSE RANGE OF LGBTQ+ PEOPLE IN HIRING PROCESSES AND MARKETING

★ WORK WITH YOUNG PEOPLE TO DEVELOP INCLUSIVE SERVICE SYSTEMS



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

ACCESSIBILITY



COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ EXPERIENCE WORKING WITH LGBTQ+ YOUNG PEOPLE
- ★ IN-SERVICE LGBTQ+ RESOURCES AND INCLUSION POLICIES
- ★ CONNECTION WITH, OR DETAILED PLAN TO MAKE, LGBTQ+ NETWORKS TO FACILITATE SIGNPOSTING TO/FROM LGBTQ+ SERVICES

QUEER FUTURES

ILLUSTRATION BY @flatboy



YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ SUPPORT WITH TRAVEL COSTS AND JOINING A SERVICE - ONLINE OR OFFLINE
- ★ ONLINE SUPPORT OPTIONS
- ★ VISIBLE SIGNS THAT A SERVICE IS INCLUSIVE

EG - DIVERSE REPRESENTATION AMONG STAFF, WEBSITE MATERIALS, RESOURCES AND POSTERS; WHEELCHAIR ACCESSIBLE; ALL GENDER TOILETS



SUPPORT PROVIDERS

YOUR SERVICE SHOULD...

- ★ CHECK YOUR SYSTEMS DO NOT BURDEN OR EXCLUDE YOUNG PEOPLE
- ★ PROVIDE LGBTQ+ SPECIFIC MARKETING
- ★ CLEARLY ADVERTISE ACCESS SUPPORT

WE CAN COVER YOUR BUS FARE IF YOU EVER WANT TO MEET AT THE CENTRE



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

AGENCY

ADVICE FOR...



WHICH OF THESE WOULD SUIT YOU BEST?

- ONLINE
- IN PERSON
- MIX OF BOTH
- NOT SURE YET



COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ OPTIONS-BASED SUPPORT THAT FACILITATES DECISION MAKING, AGENCY AND AUTONOMY
- ★ TRANSPARENT SERVICES THAT EXPLAIN WHAT WILL HAPPEN
- ★ POLICIES AND PROCEDURES THAT PRIORITISE LGBTQ+ YOUNG PEOPLE IN DECISION-MAKING

YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ OPTIONS AND TIME TO DECIDE FOR YOURSELF
- ★ RESPECT FROM OTHERS AND TO BE TAKEN SERIOUSLY
- ★ OPPORTUNITIES TO DEVELOP YOUR SKILLS AND CONFIDENCE

SUPPORT PROVIDERS

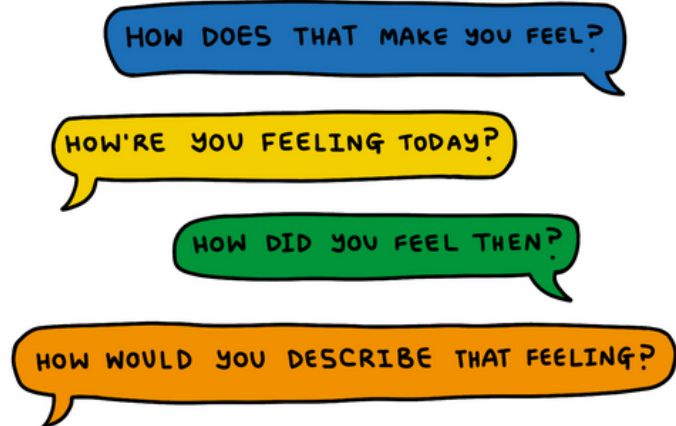
YOUR SERVICE SHOULD...

- ★ TAKE YOUNG PEOPLE'S NEEDS, IDENTITIES AND PREFERENCES SERIOUSLY
- ★ OFFER OPTIONS-BASED NOT DIRECTIVE SUPPORT AND ACTIVITIES
- ★ INCLUDE YOUNG PEOPLE IN DECISION-MAKING ABOUT THEIR SUPPORT AND PLACE APPROPRIATE BOUNDARIES ON THE ROLE OF ADULTS IN THESE DECISIONS

WOULD THAT WORK FOR YOU?

KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

EMOTION



ADVICE FOR...



COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ SUPPORT THAT VALIDATES THE EMOTIONAL EXPERIENCES OF LGBTQ+ YOUNG PEOPLE
- ★ EXPERTISE AND UNDERSTANDING OF LGBTQ+ YOUNG PEOPLE'S EMOTIONS WHEN SEEKING SUPPORT
- ★ USE OF EMOTIONAL WORDS IN POLICY AND RESOURCES

YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ ACCESS TO SPACES AND SUPPORT THAT MAKE YOU FEEL COMFORTABLE AND HELP IF YOU DON'T
- ★ FEELING WORDS TO EXPRESS YOURSELF
- ★ THE ABILITY TO SHARE YOUR FEELINGS WITH STAFF AND OTHER YOUNG PEOPLE

SUPPORT PROVIDERS

YOUR SERVICE SHOULD...

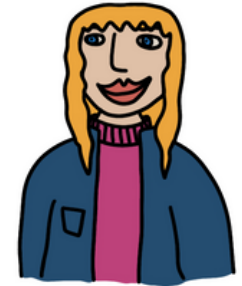
- ★ TAKE YOUNG PEOPLE'S FEELING'S SERIOUSLY WITHOUT PRESSURING THEM TO BE HAPPY
- ★ OFFER EMOTION-CENTRED AND SHARING ACTIVITIES
- ★ BE YOUNG PERSON LED AND USE YOUNG PEOPLE'S OWN WORDS FOR THEIR EMOTIONS



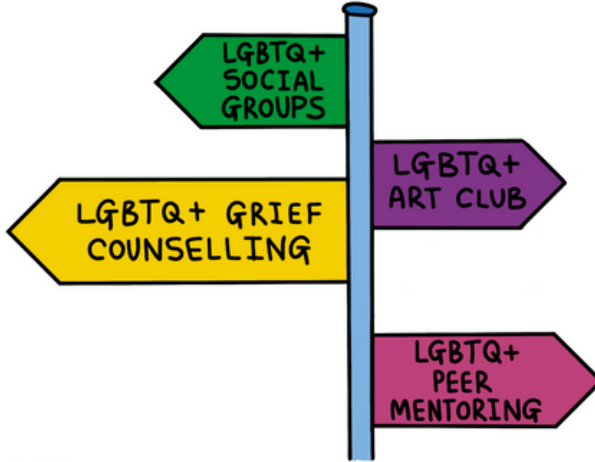
KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

BELONGING

ADVICE FOR...



LAST WEEK YOU MENTIONED YOU'D LIKE TO MEET MORE TRANS AND NON-BINARY PEOPLE YOUR AGE. MY COLLEAGUE AL RUNS A BOARDGAMES NIGHT FOR TRANS YOUNG PEOPLE THAT YOU MIGHT BE INTERESTED IN



COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ LGBTQ+ GROUP WORK OR SIGNPOSTING TO LGBTQ+ SERVICES
- ★ CONNECTING LGBTQ+ YOUNG PEOPLE WITH LGBTQ+ ADULTS (STAFF, GUESTS)
- ★ COMMITMENT TO ADDRESSING SOCIAL ISOLATION AS A MAJOR CAUSE OF MENTAL HEALTH DIFFICULTIES

YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ OPTIONS TO ATTEND GROUPS WITH OTHER LGBTQ+ YOUNG PEOPLE WHO YOU IDENTIFY WITH
- ★ MEETING LGBTQ+ ADULTS AND ENGAGING WITH LGBTQ+ CULTURES

EQ - PRIDE EVENTS, SOCIAL GROUPS, LGBTQ+ CONCERTS, EXHIBITIONS, TALKS, FILM SCREENINGS

SUPPORT PROVIDERS

YOUR SERVICE SHOULD...

- ★ PROVIDE GROUP WORK/ACTIVITIES THAT FOSTER SHARING, CONNECTION AND TOGETHERNESS
- ★ BE AWARE THAT ALTHOUGH YOUNG PEOPLE MAY SHARE AN LGBTQ+ LABEL THEY ARE NOT ALL THE SAME, OFFER SUPPORT SENSITIVE TO THESE DIFFERENCES
- ★ PROVIDE OPPORTUNITIES TO ENGAGE WITH WIDER LGBTQ+ GROUPS/EVENTS

KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

YOUTH RIGHTS

SO THESE ARE ALL THE OPTIONS, WHAT WOULD YOU LIKE TO DO?



COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ EXPLICIT COMMITMENTS TO YOUNG PEOPLE'S RIGHTS
- ★ SAFE SPACE FOR SELF EXPRESSION
- ★ ADVOCACY TO SUPPORT YOUNG PEOPLE'S RIGHTS IN DIFFERENT AREAS

QUEER FUTURES

ILLUSTRATION BY @flatboy

ADVICE FOR...

YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ CLEAR INFORMATION ABOUT YOUR RIGHTS
- ★ NOTHING HAPPEN TO YOU THAT YOU DON'T KNOW IS GOING TO HAPPEN
- ★ YOUR PRIVACY RESPECTED AND THE ABILITY TO MAKE DECISIONS FOR YOURSELF

EG TRANS HEALTHCARE, PEER MENTORING, DISABILITY SUPPORT

TO FEEL SAFE FROM BULLYING, VIOLENCE AND DISCRIMINATION

TO FEEL SAFE EXPRESSING YOUR IDENTITY, INCLUDING YOUR GENDER AND SEXUAL ORIENTATION

TO ACCESS SUPPORT



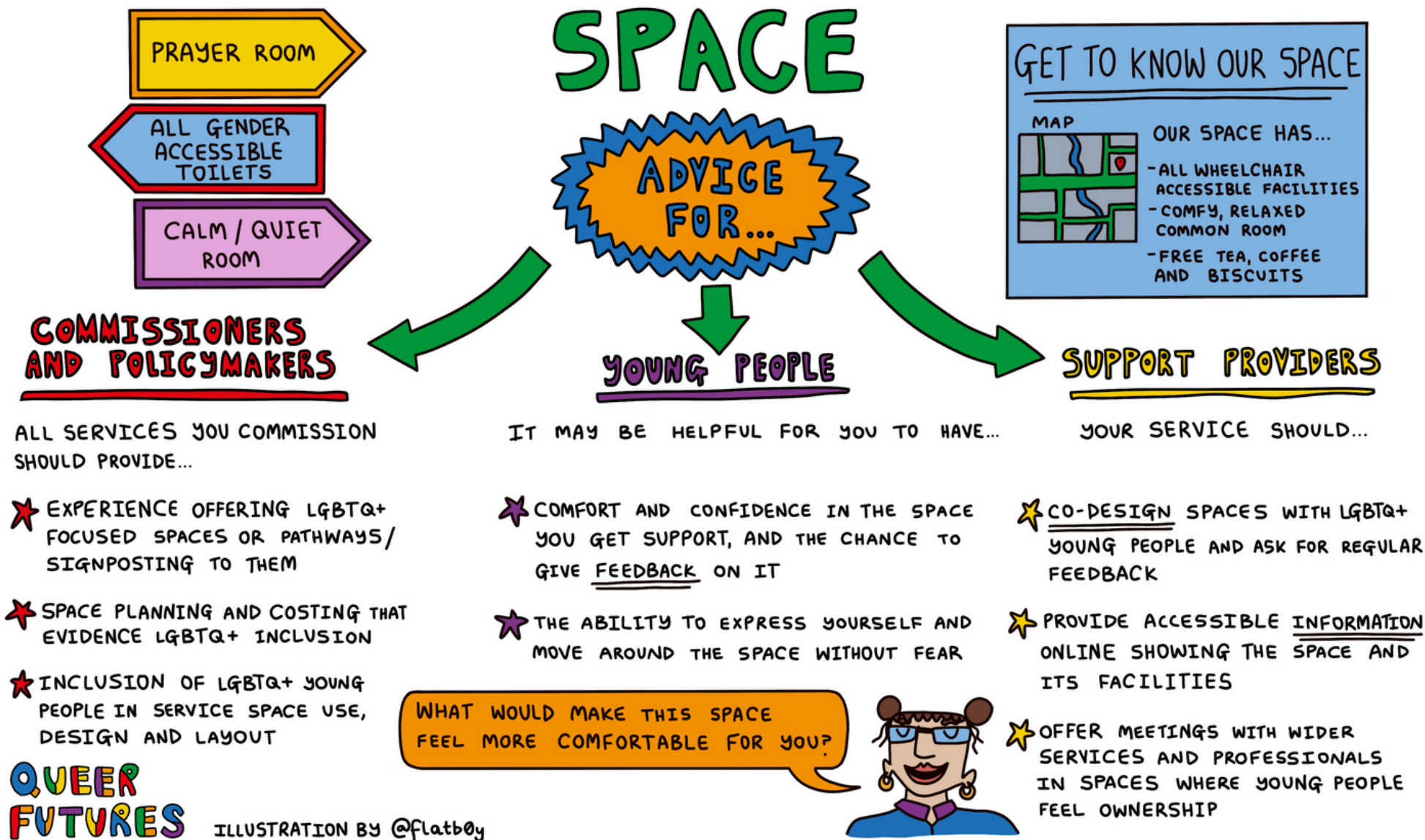
TO PRIVACY AND CONFIDENTIALITY

SUPPORT PROVIDERS

YOUR SERVICE SHOULD...

- ★ PROVIDE INFORMATION ABOUT YOUNG PEOPLE'S RIGHTS
- ★ ADVOCATE FOR AND SUPPORT YOUNG PEOPLE TO ASSERT THEIR RIGHTS
- ★ CENTRE RIGHTS TO CONFIDENTIALITY IN ALL SUPPORT AND TRANSPARENCY ABOUT SAFEGUARDING

KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

WHEN WORKS FOR YOU AND HOW DO YOU WANT TO MEET?



TIME

ADVICE FOR...

INBOX: YOUR REFERRAL

DEAR MIRA,
WE WILL GET BACK TO YOU ABOUT YOUR REFERRAL WITHIN 5 WORKING DAYS. IF YOU NEED SUPPORT BEFORE THEN, YOU CAN CALL, TEXT OR EMAIL...

COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ RAPID RESPONSE TO INITIAL CONTACT FROM LGBTQ+ YOUNG PEOPLE AND 'WHILE YOU WAIT' SUPPORT
- ★ LOGISTICAL PLANNING LED BY LGBTQ+ YOUNG PEOPLE
- ★ REGULAR FEEDBACK REQUESTS FROM LGBTQ+ YOUNG PEOPLE ON TIMINGS

YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ REASSURANCE THAT SOMEONE FROM A SERVICE WILL GET BACK TO YOU ONCE YOU REACH OUT
- ★ SUPPORT 'WHILE YOU WAIT' EVEN IF THERE'S A WAITING LIST
- ★ SUPPORT THAT FITS AROUND OTHER THINGS IN YOUR LIFE

SUPPORT PROVIDERS

YOUR SERVICE SHOULD...

- ★ COMMUNICATE CLEARLY ABOUT SUPPORT TIMING, FREQUENCY, AVAILABILITY, AND WHAT WILL HAPPEN WHILE A YOUNG PERSON IS ON A WAITING LIST
- ★ CENTRE LGBTQ+ YOUNG PEOPLE'S NEEDS FOR SETTING AND PACE OF SUPPORT



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:



SAFETY



COMMISSIONERS AND POLICYMAKERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ COMPREHENSIVE AND TRANSPARENT CONFIDENTIALITY POLICY
- ★ WAYS FOR YOUNG PEOPLE TO GIVE FEEDBACK AND INPUT ON SAFETY
- ★ EVIDENCE OF ENGAGEMENT WITH BEST PRACTICE AND PROCEDURES FOR ADDRESSING BULLYING/VICTIMISATION

YOUNG PEOPLE

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ INPUT INTO MAKING THE PLACE WHERE YOU GET SUPPORT FEEL SAFE
- ★ REASSURANCE ABOUT YOUR RIGHT TO CONFIDENTIALITY AND TO NOT BE OUTED TO ANYONE UNLESS YOU SAY SO

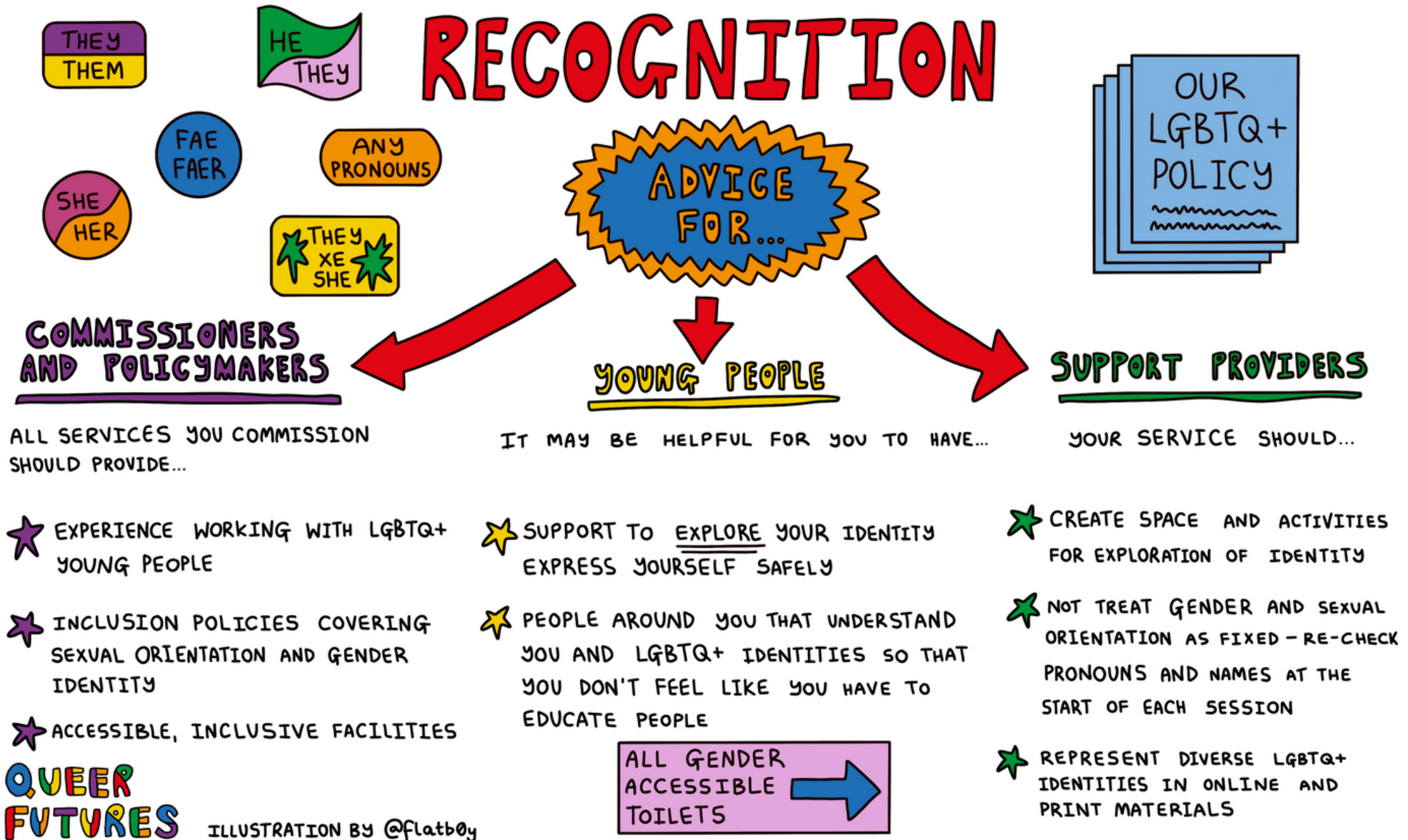
SUPPORT PROVIDERS

YOUR SERVICE SHOULD...

- ★ WORK WITH LGBTQ+ YOUNG PEOPLE TO CREATE SAFETY PRINCIPLES AND AGREEMENTS FOR GROUP WORK
- ★ PROVIDE 'WHAT TO EXPECT' INFORMATION BEFORE SESSIONS ARE DUE TO TAKE PLACE
- ★ PROVIDE A NON-THREATENING SPACE - COMFY, COSY, INFORMAL, NON-INSTITUTIONAL



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:

POSSIBILITY



ADVICE FOR...

HI J! I'M HANNAH, YOUR MENTOR 😊 WOULD BE GREAT TO CATCH UP WHEN YOU HAVE TIME
11.04 ✓✓

COMMISSIONERS AND POLICYMAKERS

YOUNG PEOPLE

SUPPORT PROVIDERS

ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

IT MAY BE HELPFUL FOR YOU TO HAVE...

YOUR SERVICE SHOULD...

- ★ MODELLING OF LGBTQ+ FUTURES
EG - VISITS, STAFF EXPERIENCE PARTNERSHIP WORKING
- ★ SUPPORT FOR LGBTQ+ YOUNG PEOPLE'S INTERESTS AND DEVELOPMENT, AND AWARENESS OF THEIR IMPORTANCE FOR IMPROVING MENTAL HEALTH

- ★ THE CHANCE TO SEE AND IMAGINE DIFFERENT LGBTQ+ LIVES AND FUTURES
- ★ SUPPORT TO EXPLORE YOUR INTERESTS AND AMBITIONS IN WAYS THAT WORK FOR YOU

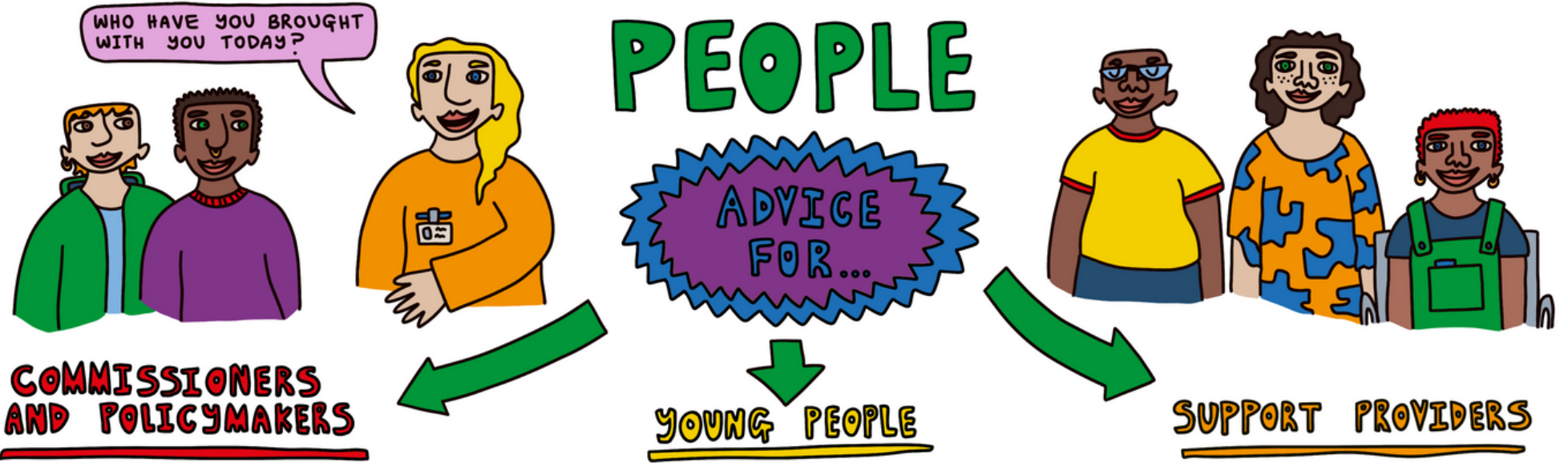
- ★ OFFER FUTURE-ORIENTED ACTIVITIES EG - PEER MENTORSHIP
- ★ SUPPORT YOUNG PEOPLE WITH THEIR INTERESTS AND AMBITIONS
- ★ MODEL DIVERSE LGBTQ+ LIVES AND FUTURES

EG - EVENTS/INFO ABOUT LGBTQ+ HISTORIES, CREATIVITY, AND ROLE MODELS

QUEER FUTURES

ILLUSTRATION BY @flatboy

KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:



ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ SUPPORT THAT PRIORITISES RELATIONSHIPS AS KEY TO IMPROVING LGBTQ+ YOUNG PEOPLE'S MENTAL HEALTH
- ★ FACILITATION OF RELATIONSHIP BUILDING WITH STAFF AND PEERS

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ SUPPORT MAKING FRIENDS WITH OTHER YOUNG PEOPLE AND FEELING CONNECTED TO LGBTQ+ COMMUNITIES
- ★ HONEST AND OPEN SUPPORT WORKERS WHO YOU HAVE TRUST AND CONFIDENCE IN

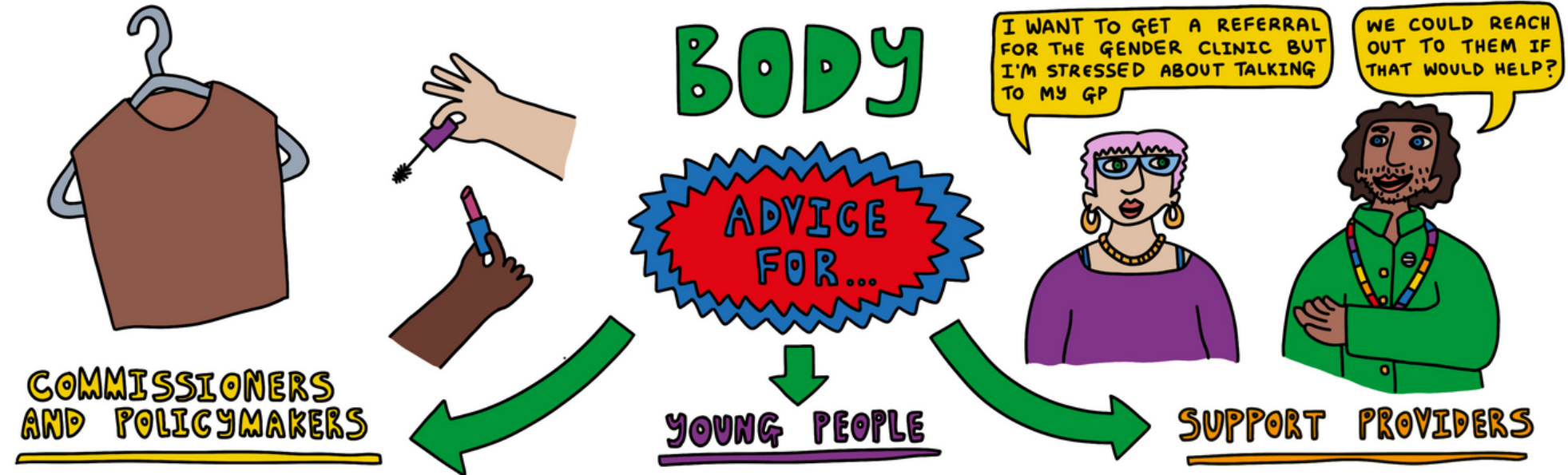
YOUR SERVICE SHOULD...

- ★ AFFIRM THE DIFFERENT RELATIONSHIPS IN A YOUNG PERSON'S LIFE WITHOUT MAKING ASSUMPTIONS ABOUT THEM
- ★ SUPPORT AND FACILITATE CONNECTIONS WITH PEERS AND WIDER LGBTQ+ COMMUNITIES
- ★ UNDERSTAND THAT YOUNG PEOPLE MAY FIND TRUSTING ADULTS DIFFICULT AND WORK ACTIVELY TO BUILD THEIR TRUST

WE'RE HERE FOR YOU



KEY PRINCIPLES FOR PROVIDING LGBTQ+ YOUNG PEOPLE WITH INCLUSIVE EARLY MENTAL HEALTH SUPPORT:



ALL SERVICES YOU COMMISSION SHOULD PROVIDE...

- ★ INTEGRATED APPROACH TO HEALTH AND WELLBEING - UNDERSTAND MIND AND BODY HOLISTICALLY
- ★ CLINICAL ADVOCACY
- ★ ATTENTION TO BUT OVEREMPHASIS ON THE BODY AND ITS ROLE IN IMPROVING MENTAL HEALTH

IT MAY BE HELPFUL FOR YOU TO HAVE...

- ★ A SAFE SPACE TO EXPLORE YOUR GENDER, APPEARANCE AND SELF-EXPRESSION
- ★ OTHER LGBTQ+ YOUNG PEOPLE AROUND YOU WITH (GENDER) NON-CONFORMING BODILY EXPRESSION
- ★ ACCESS TO INCLUSIVE ACTIVITIES IN WAYS THAT FEEL SAFE TO YOU

YOUR SERVICE SHOULD...

- ★ UPHOLD YOUNG PEOPLE'S RIGHTS TO MAKE DECISIONS ABOUT THEIR BODIES
- ★ OFFER SUPPORT, SIGNPOSTING AND RESOURCES SPECIFIC TO TRANS AND NON-BINARY PEOPLE AND ABOUT BODY IMAGE
- ★ OFFER VOLUNTARY OUTDOOR/ EXERCISE ACTIVITIES AND HEALTH AND WELLBEING SUPPORT

