

Looking after your
well-being
during

pride



Although it's a time for celebration, Pride month can also be a challenging time for members of the LGBTQ+ community for various reasons.



Some people may feel:

Excluded and unrepresented.

Hyper-visible and therefore more self-conscious/unsafe.

Conflicted about their identity.

Not entirely proud just yet, or not out to Everyone they know.

Reminded of traumatic past experiences.

Exposed to heightened discrimination or abuse.

Uncertain, disappointed or afraid because of COVID-19.

Tips for well-being

Connect - If unsure about attending any events in person, consider online events focused on well-being and connection.

[Pride in London](#) has a list of diverse events happening throughout the month.

Prioritise self-care. Make sure you are attending to the basics (food, hydration, sleep, etc.). Where possible, try to do more. Treat yourself to something you would like, reignite old hobbies, and set aside dedicated well-being/self-care time

Get some support from friends, trusted family or specialist services (next page).

Support available

You can speak confidentially with the [Student counselling service](#), a member of the department that you trust, or the [Student Wellbeing advisor](#). It may also help to connect with some specialist support:

[Mermaids](#)

Confidential Support for trans, non-binary and gender diverse students (ages 18-25):

0808 8010 424

[MindOut](#)

Online support, including under-30s advocacy
info@mindout.org.uk

[Switchboard LGBT+ helpline](#)

one-stop listening service for LGBT+ people.

0300 330 0630

Support available

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Housing and homelessness support for LGBTQ+ youth (ages 18-25):

Live chat available

Naz and Matt Foundation

Support an information for LGBTQ+ from religious and culturally conservative backgrounds.

Group, forum and 1-on-1 support

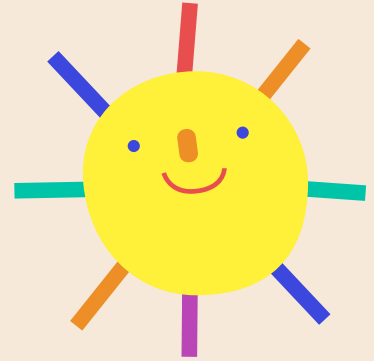
Gendered Intelligence - TPOCalypse

Online group for trans, gender variant and questioning young people of colour.

UK Black pride

Information and events

Supporting LGBTQ+ communities, friends, peers and colleagues



- Check in with your friends to see how they are feeling. Do not feel pressured to offer advice, listening can really help.
- Learn more about LGBTQ+ communities from LGBTQ+ resources such as **Speak out London** or the services mentioned.
- Where viable, consider donating to some of the support services mentioned on the previous pages.