Mental Health and Wellbeing Newsletter June 2022

Be joyful over the month of June to boost wellbeing

June is both Men's mental health month and Pride Month.
Throughout this newsletter there are blue links which will direct you to more information

Some of us identify as **LGBTIQ+.** This means we may be lesbian, gay, bisexual, trans, intersex, non-binary, queer or questioning. Or we may define our gender and sexuality in other ways. Stonewall's glossary lists many more terms.
Anyone can experience a mental health problem. But those of us who identify as LGBTIQ+ are more likely to develop problems like:
low self-esteem
depression
anxiety, including social anxiety
eating problems
misusing drugs and alcohol
self-harm
suicidal feelings
other mental health problems.

Being LGBTIQ+ does not cause these problems. The reasons why those of us with LGBTIQ+ identities are more likely to get them are very complicated. But it is most likely to do with facing things like:
homophobia, biphobia and transphobia
stigma and discrimination
difficult experiences of coming out
social isolation, exclusion and rejection.
It's important to remember that embracing your LGBTIQ+ identity can also have a positive impact on your wellbeing. It might mean you have:
increased confidence
improved relationships with your friends and family
a sense of community and belonging
the freedom of self-expression and self-acceptance
increased resilience.

Support

https://www.consortium.lgbt/member-directory signposting support

If you identify as **LGBT+** and are suffering abuse you can call Galop on 0800 999 5428 for emotional and practical support help@galop.org.uk

https://gids.nhs.uk/parents-and-carers/

GIDS is organisation supporting young people's gender identity development. Their website is full of useful information and guidance including signposting to support, advice for what to do now and in the future, support through puberty and other social transitions and much more.

Men's Mental Health Facts (UK)

- Just over three out of four suicides (76%) are by men and suicide is the biggest cause of death for men under 35 (Reference: ONS)
- 12.5% of men in the UK are suffering from one of the common mental health disorders
- Men are nearly three times more likely than women to become alcohol dependent (8.7% of men are alcohol dependent compared to 3.3% of women
- Men are more likely to use (and die from) illegal drugs
- Men are less likely to access psychological therapies than women.

Finding Support for Men's Mental Health

There are lots of organisations and charities that are centered around supporting men struggling with mental health issues.

It can be difficult to encourage our male loved ones to open up and talk about their mental health, due to societal expectations about how men "should" behave and what masculinity is. Some men feel that they must continue to display what have traditionally been perceived as masculine traits like strength, stoicism, dominance, and control.

This "man up" attitude has proven to be dangerous, and we must all play our part in putting a stop to this culture and encouraging men to address their issues more and also seek help for them.

Charities and Organisations for Support

Men's Health Forum – https://www.menshealthforum.org.uk/
CALM – Campaign Against Living Miserably – https://www.thecalmzone.net/
Movember -Supporting Men's Health – https://uk.movember.com/mens-health/mental-health
Father's Reaching Out, Father's Mental Health – https://www.reachingoutpmh.co.uk/
Men's Sheds UK – Support for Lonely Older Men – https://menssheds.org.uk/
Mind – www.mind.org.uk

If you are concerned about somebody, please contact a professional such as the organisations above for advice on how to approach the conversation about their mental health.

If you would like support or are finding things difficult, please contact us at school. Further information, support and signposting is available on our website
Mental Health and Wellbeing - Two Rivers Federation (tworiversschool.net)