



**Pride Month
2026**

Contents

- 03** Overview of awareness day
- 04** Key messages
- 05** Statistics
- 06** Information page

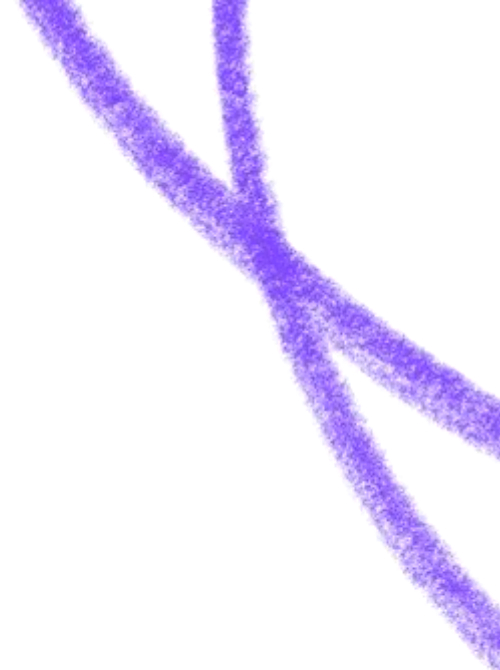
- 08** Local Mind Spotlight
- 09** Story
- 12** Social media posts
- 13** Useful information

Overview

At Mind, we support all LGBTQIA+ communities – not just in Pride, but all year.

Pride Month is a special Month for everyone in the LGBTQIA+ community. This is a time for everyone who identify as LGBTQIA+ to come together to celebrate achievements, show solidarity with each other. It's also a chance for allies to show their support. Many organisations will be adding rainbow colours to their logos and joining the conversations about gender, sexuality and love. It's important we show authentic support – not just visibility and emphasise our year-round commitment.

In this pack, we shared information about mental health and the LGBTQIA+ community. We encourage you to share across with your social channels and your employees. Please read Mind's guidelines and acknowledge mind when sharing our information.



Key messages

LGBTQIA+ mental health

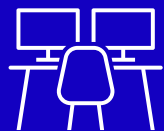
Being LGBTQIA+ doesn't cause mental health problems. But those of us who are LGBTQIA+ often face difficult experiences, like discrimination and stigma. Because of this, LGBTQIA+ people are more likely to experience mental health problems like depression, anxiety, PTSD, and eating problems.

What experiences might affect my mental health?

What affects your mental health is personal to you. But certain experiences are more likely to lead to poor mental health. This includes some experiences related to being LGBTQIA+.

Support.

It can feel hard to find support for your mental health – especially if you're LGBTQIA+. But help is available. Visit our [website](#) for information on how you can get support.



35%

More than a third of LGBT staff have hidden that they are LGBT at work for fear of discrimination. [1]



1 in 8

LGBTQIA+ People have experienced some form of unequal treatment from healthcare staff. [2]



70%

of LGBTQIA+ people reported symptoms of anxiety, and **63%** reported having depression. [3]



1 in 7

People have avoided treatment for fear of discrimination because they are LGBTQIA+. [4]

Self care during Pride

Pride month is a special time for our community to come together and celebrate LGBTQIA+ identities. But it can be difficult to feel proud of who you are when you're facing discrimination, and this can have a huge impact on our mental health. Here's some tips on looking after yourself.

- **Tell people what helps.** Let people you trust know how they can support you when you're not feeling great.
- **Keep track of how you feel.** Tracking how you feel is helpful to suss out patterns in what's making you feel good and bad.
- **Know you're warning signs.** Try to be mindful of how you feel over the month. Watch out for signs you might start to feel unwell.
- **Look after yourself.** Negative conversations about LGBTQIA+ can be harmful to hear and it might make you feel worse about yourself.

You can find some more tips [here](#).



Supporting someone who is LGBTQIA+

- **Accept them for who they are.** You can show your acceptance in many ways, such as talking positively about LGBTQIA+ topics and including them in social activities.
 - **Recognise your bias.** Recognising and removing bias allows us to accept LGBTQIA+ people. And to create a safer, more inclusive space for us all to be ourselves.
 - **Don't ask intrusive questions.** You might have questions about being LGBTQIA+. It's ok to be curious and want to learn more. But avoid asking intrusive questions.
 - **Challenge discrimination, misconceptions and stigma.** If you're supporting someone who's LGBTQIA, there might be big things to challenge. For example, reporting discrimination or hate crimes.
 - **Don't make assumptions.** Try to avoid assumptions based on your own understanding of mental health or LGBTQIA+ issues.
 - **Listen to their experiences.** Try to give them space to talk and listen to their experiences. But remember that growing up.
- You can find some more tips [here](#).



Spotlight on: Rainbow Mind

Rainbow Mind is an LGBTQIA+ mental health service, which is led and staffed by LGBTQIA+ people.

Rainbow Mind is an LGBTQIA+ mental service. Which is led by Mind in the City, Hackney and Waltham Forest and Mind in Salford.

They focus solely on LGBTQIA+ mental health because research shows health outcomes are often worse for LGBTQIA+ people than for the general population.

Their services include 1 to 1 therapy, mindfulness movement sessions (Move with Pride) as well as support groups and courses.

Rainbow Minds aims:

- To offer inclusive, sensitive and non-judgmental support, providing a safe space for individuals to be their authentic selves.
- To reduce social isolation for LGBTQIA+ people by providing opportunities for individuals to socialise.

[Visit Rainbow Mind to find out more.](#)



A close-up photograph of a person at a Pride event. They are wearing a white t-shirt with a rainbow-colored graphic and the word 'Principles' partially visible. They are holding a small rainbow flag on a stick. The background is blurred, showing other people and flags.

Jay's Blog

Mind's experts know their communities, know their needs and go the extra mile to deliver quality care that treats people as individuals, not statistics.

Jay blogs about how Bristol Mind's helpline MindLine Trans+ would have transformed his life 20 years ago.

[Read his blog](#)

Hear from others

Blogs and stories can show those of us with mental health that we're cared about, understood and listened too. Below are a few stories from people talking about their experiences.

- [Jo's blog](#): Jo from Mid and North Powys Mind, explains how the local community pulled together for Powys' first ever Pride Parade.
- [Kayleigh blog](#): Kayleigh found that blogging about her sexuality eased her depression.
- [Sanisha's blog](#): Sanisha faced mental health challenges in the past, but no one understood how they affected her as a bi woman.
- [Bex blog](#): Bex blogs about why LGBTQIA+ mental health services are so important.
- [Ceri's blog](#): Ceri share her story about her experience of pregnancy and how homophobia affected her mental health.
- [Edward's blog](#): Ed shares why, as a queer trans person, Pride is so important and why it's so vital Mind is there too.



How you can get involved this Pride Month

- **Host a Pride wellbeing session.** Invite a speaker from your LGBTQIA+ network or a Local Mind. You could focus on mental health, allyship, or lived experience.
- **Support your LGBTQIA+ employees.** You could share internal messages on inclusive policies and mental health support.
- **Fundraise or donate.** You could organise a Pride-themed fundraiser (a bake sale) for LGBTQIA services.
- **Celebrate stories.** If staff feel comfortable, you could ask them to share their lived experience.
- **Use Pride Month as a launchpad for year-round action.** You could review policies and staff training.
- **Join in with Pride on social media.** We'll be talking about the importance of Pride on social media throughout June and beyond. [Follow us](#) to learn more.



Social media post



Suggested caption wording:

#PrideMonth is a celebration of identity, community and belonging – but it can also be a challenging time for many LGBTQIA+ people.

That's why we're proud to support @MindCharity, who offer mental health advice for LGBTQIA+ communities.

At Mind, mental health care is human. Mind's dedicated experts are online, on the phone and at the heart of communities across England and Wales, providing life-changing support that really does make a difference.

Download our assets:

Square Asset

Landscape Asset

Don't forget to tag us!

You can find us here:

Facebook –

[@mindforbettermentalhealth](#)

Instagram - [@MindCharity](#)

LinkedIn - [@mind_2](#)

Threads – [@MindCharity](#)

Useful information

Mind's 4 helplines provide information and support by phone and email.

Support line: 0300 102 1234
Monday to Friday, 9am-6pm

Infoline: 0300 123 3393
Email: info@mind.org.uk
Monday to Friday, 9am-6pm

Welfare benefits line: 0300 222 5782
Monday to Friday, 9am-5pm

Legal line: 0300 466 6463
Email: legal@mind.org.uk
Monday to Friday, 9am-6pm

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

Side by Side is our supportive online community for anyone experiencing a mental health problem. The Side by Side community is available 24/7.
sidebyside.mind.org.uk

Useful information

Other useful contacts – LGBTQIA+ mental health

Akt - akt.org.uk

Asexual Visibility and Education Network (AVEN) – Asexuality.org

Clare Project - Claireproject.org.uk

Consortium – consortium.lgbt.member-directory

Galop – call: 08009995438 (LGBT+ domestic abuse helpline) email: help@galop.org.uk

Gendered Intelligence – supporting trans people aged under 25.

Hidayah – runs groups and events across the UK to support LGBT+ Muslim people.

KeshetUK – Education and training charity supporting Jewish LGBT+ people and their families.

London Friend – offers services to support LGBTQ+ health and wellbeing

A full list of useful contacts can be found on **Mind's website**

References

1. [LGBT in Britain Health \(2018\)](#)
2. [Stonewall, LGBT in Britian Health \(2021\)](#)
3. [The Trevor Project \(2024\)](#)
4. [LGBT in Britian: Health \(2018\)](#)



From all of us here at Mind, thank you!

For your continued support, fundraising and dedication to mental health. We won't give up until everyone experiencing a mental health problem gets the support and respect, they deserve. You're helping make sure that happens.