

NHS Espresso Series – Part 1

Welcome! While we are waiting for the training to start... do you know what all these terms mean? Have a think and we will be discussing them later on.

Lesbian

Gay

Queer

GSRD

Trans

Non Binary

Genderfluid

Genderqueer

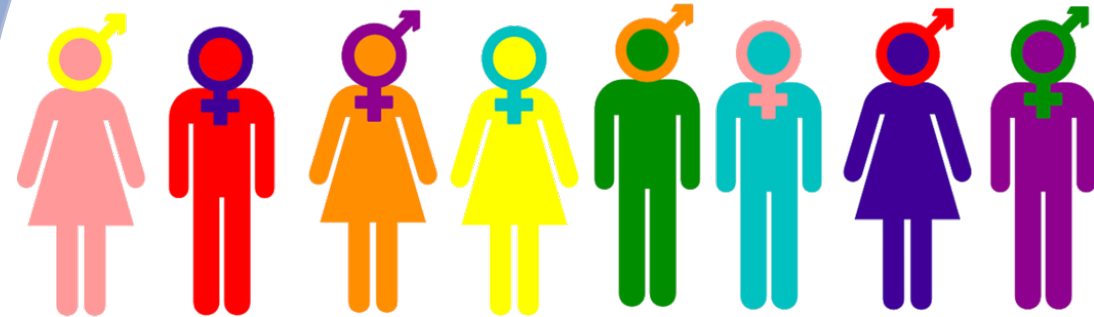
Intersex

Asexual

Bisexual

Cisgender

LGBTQ



Alice Fox
MindOut LGBTQ Mental Health Services

Overall Training Objectives

To review our understanding of LGBTQ identities, communities and mental health; what's different and why?

Expand understanding of the challenges that LGBTQ communities face

To deepen awareness of trans issues, trans care pathways, and trans experiences

Where we're headed today!



- LGBTQ identities and inclusive language
- LGBTQ mental health
- Historic LGBT Policy & its impact

Group agreement

Space for learning

Confidentiality

Respect for other identities and experiences

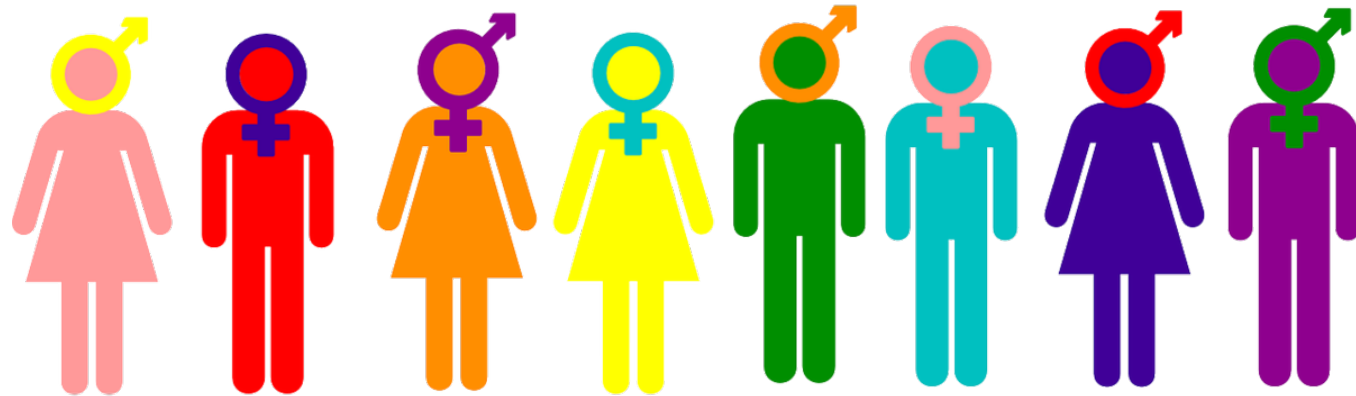
Reserve the right to change your mind

Share the airtime

Oops and ouch approach

Questions please

LGBTQ Identities



LGBTQ Terminology

bisexual
genderfluid
lesbian asexual
queer LGBTQ
intersex GSRD
transgender
genderqueer gay
pansexual
cisgender
nonbinary



Some useful terms

- Asexual (or ace) - someone who does not experience sexual attraction
- Bisexual (or bi) - an emotional and/or sexual orientation towards more than one gender
- Cisgender (or cis) - someone whose gender identity is the same as the sex they were assigned at birth. Non-trans is also used by some.
- Gay - a man with an emotional and/or sexual attraction towards men. Some women describe themselves as gay women rather than lesbian.

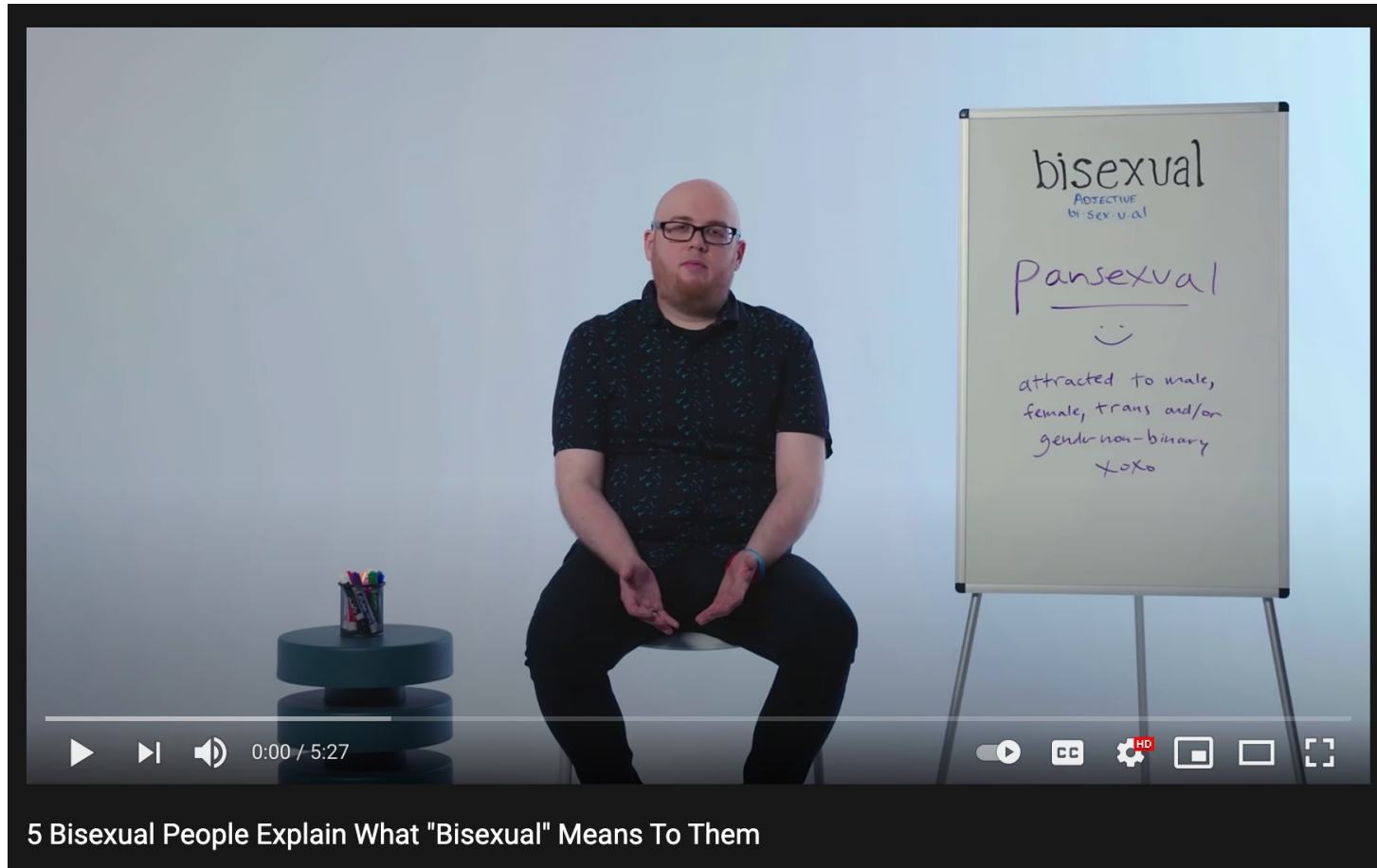
Some useful terms

- Genderfluid - moving between genders or having a fluctuating gender identity
- Genderqueer - a person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders
- GSRD - gender, sexuality, and relationship diversity
- Intersex - a person who may have biological attributes of both sexes or whose biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female or non-binary.

Some useful terms

- Lesbian - a woman who has an emotional, romantic and/or sexual orientation towards women
- LGBTQ - Lesbian, Gay, Bi, Trans, Queer or Questioning
- Non binary - an umbrella term for a person who does not identify as only male or only female, or who may identify as both
- Transgender - an umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.
- Queer - an umbrella term for sexual and gender minorities who are not heterosexual and/or cisgender.

5 Bisexual People Explain What Bisexual Means to Them



5 Bisexual People Explain What "Bisexual" Means To Them

<https://www.youtube.com/watch?v=UmjVWFh5uRA> - Tinder

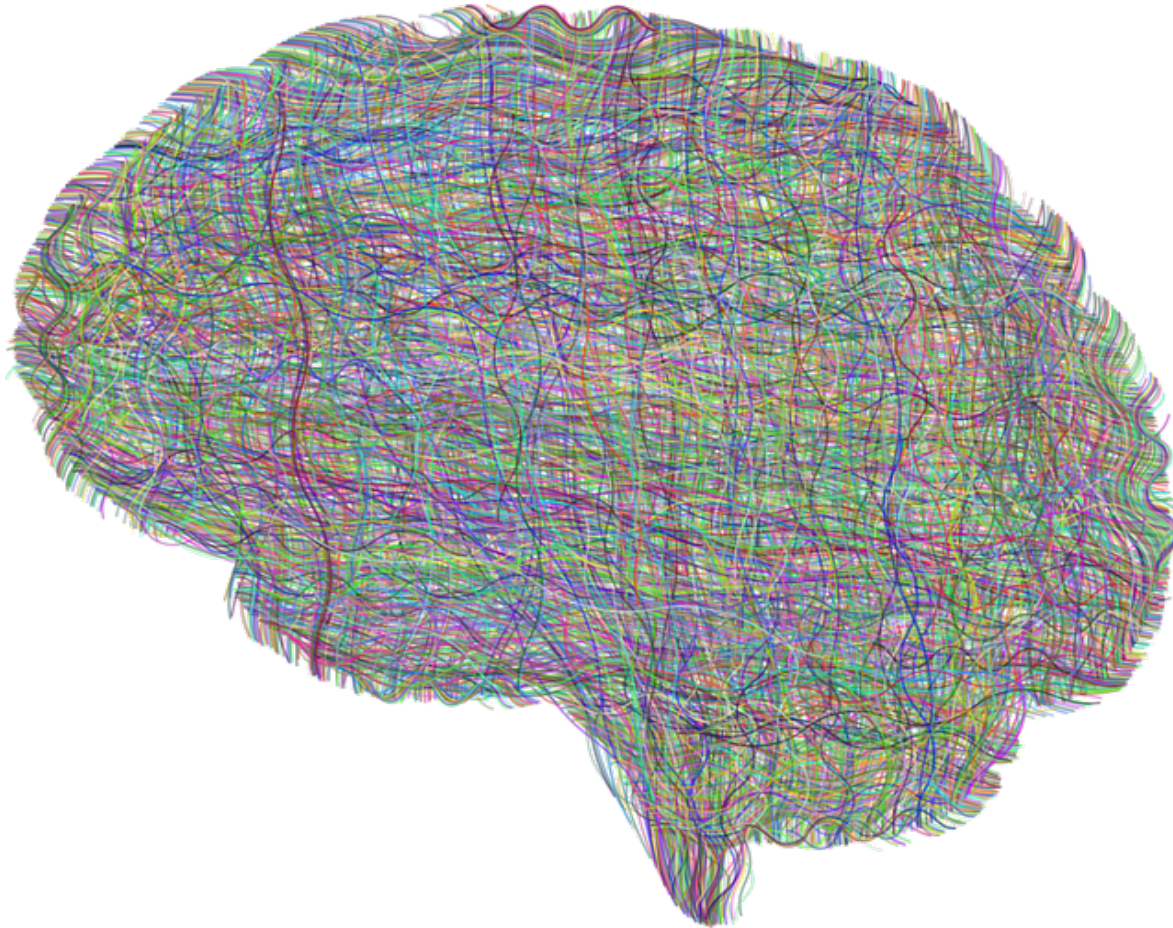


Extra Credit Terms:

- Misgender
- Androgynous
- Passing & passing privilege
- Gender non-conforming
- Agender
- Cisnormativity
- Heteronormativity
- Stealth
- Transphobia



LGBTQ Mental Health Inequalities



LGBTQ People Are....

- More likely to experience hate crime
- More likely to have been homeless
- More likely to experience barriers to accessing support services
- More likely to have experienced conversion therapy
- Less likely to attend cancer screenings (i.e. cervical screenings)
- Less likely to be in employment
- Less likely to be physical active
- More likely to use drugs and drink everyday
- More likely to experience poor mental health

LGBT Foundation, Pride in Practice Training Academy, 2020



LGBTQ Mental Health

- Around 40% of LGBTQ people experience a mental health issue, compared to 25% of the wider population.
- Figures higher for trans people and those with multiple marginalized identities, for example, LGBTQ people who are also BAME or disabled.
 - 19% of BAME LGBT people have experienced some form of unequal treatment from healthcare staff because they're LGBT, compared to 13% of LGBT people overall
 - 59% of disabled LGBT people felt life was not worth living at some point in the year preceding the survey, compared to 31% of LGBT people who aren't disabled
- Increased rates of depression, anxiety, substance misuse, deliberate self harm and suicidal ideation

National LGBT Survey 2018, Williams Institute, 2014 and London Mayor's Report, 2017



HIDDEN FIGURES:

THE IMPACT OF THE
COVID-19 PANDEMIC
ON LGBT COMMUNITIES
IN THE UK

MAY 2020 - 3RD EDITION



LGBT
foundation

Hidden Figures Report

LGBT Foundation, 2020

mind
OUT
LGBTQ mental health service

Hidden Figures: LGBT Foundation's Covid-19 study

- **42% would like to access support for their mental health at this time.**
 - This rises to 66% of BAME LGBT people, 48% of disabled LGBT people, 57% of trans people and 60% of non-binary people.
- **25% would like support to reduce their isolation, such as a befriending service.**
- **18% are concerned that this situation is going to lead to substance or alcohol misuse or trigger a relapse.**
 - This rises to 20% of BAME LGBT people, 23% of disabled people, 22% of trans people and 24% of non-binary people.
- **8% do not feel safe where they are currently staying**
 - This includes 9% of BAME LGBT people, 15% of disabled LGBT people, 17% of trans people and 17% of non-binary people.
- **30% are living alone at this time.**
 - This rises to 40% of LGBT people aged 50+.



Hidden Figures: The Impact of the Covid-19 Pandemic on LGBT Communities in the UK (555 people surveyed in 2020)

- **16% had been unable to access healthcare for non-Covid related issues**
 - 22% of BAME LGBT people, 26% of disabled LGBT people, 27% of trans people, 27% of non-binary people, and 18% of LGBT people aged 50+.
- **34% have had a medical appointment cancelled**
 - 39% of BAME LGBT people, 42% of disabled LGBT people, 38% of trans people, 37% of non-binary people, and 42% of LGBT people aged 50+.
- **23% were unable to access medication or were worried that they might not be able to access medication**
 - 37% of BAME LGBT people, 36% of disabled LGBT people, 45% of trans people, 21% of non-binary people, and 21% of LGBT people aged 50+.
- **64% said that they would rather receive support during this time from an LGBT specific organisation**
 - 71% of BAME LGBT people, 69% of disabled LGBT people, 76% trans people and 74% of non-binary people.



mind
OUT

LGBTQ mental health service



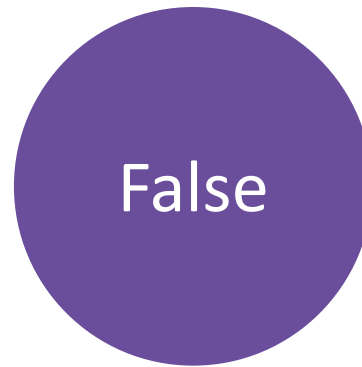
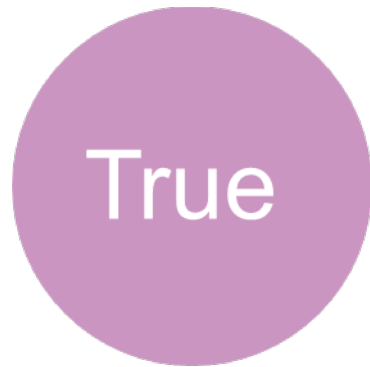
LGBTQ Mental Health Quiz

Data from research done by YouGov for Stonewall in November 2018
LGBT in Britain: Health, 5,000+ LGBTQ respondents



Q1

Half of LGBT people said they've experienced depression in the last year.



Answer: True

- 52% said they've experienced depression in the last year, with another 10% saying they think they might have experienced depression.
- Two thirds of trans people (67%) have experienced depression in the last year.
- 70% of non-binary people, more than half of LGBT women (55%) and nearly half of GBT men (46%) have experienced depression in the last year.
- Compare this with 3.3% of the general population experiencing depression in the previous year

Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014

Q2

- How many LGBT people aged 18-24 said that they had attempted suicide in the past year?

5%

9%

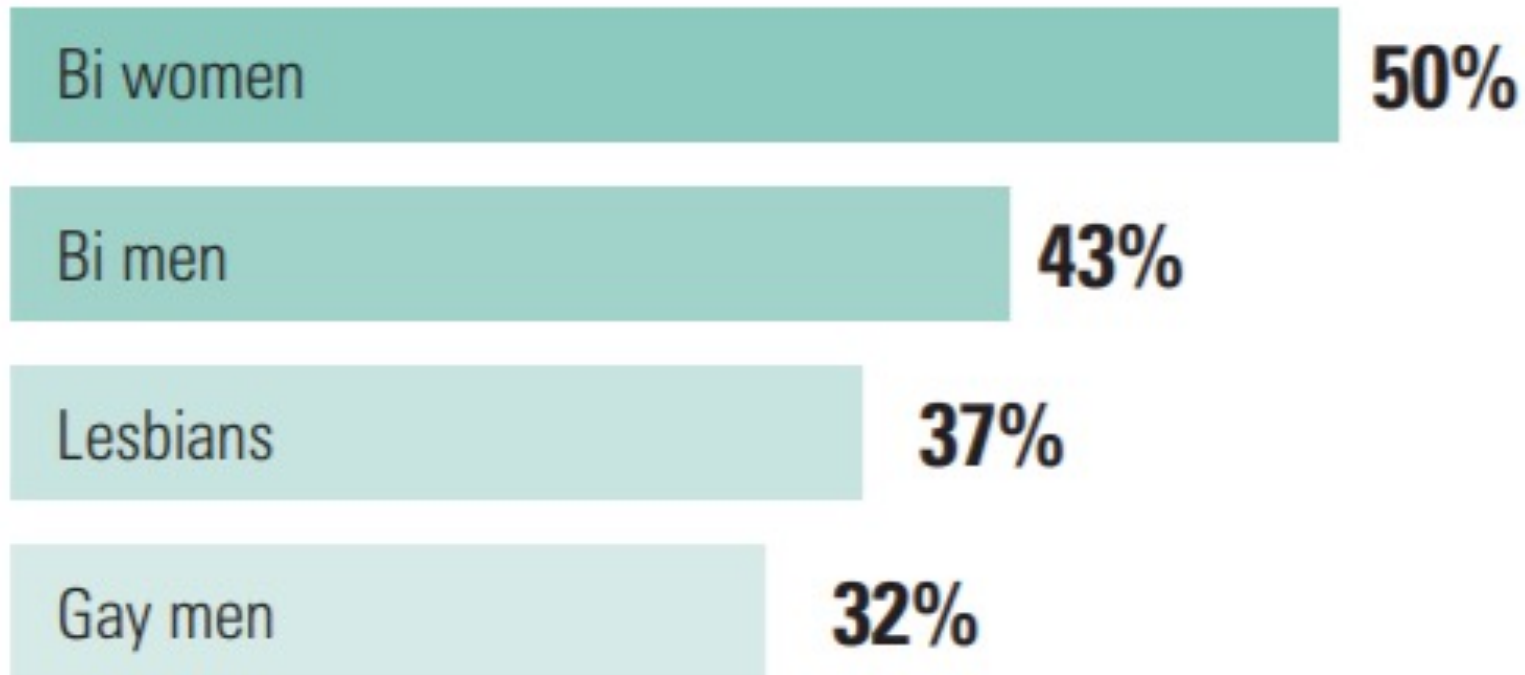
13%

Answer: 13%

One in eight LGBT people aged 18-24 (13%) said they've attempted to take their own life in the last year.

Compare this with data from the general population in 2016 with **6.7%** of people making a suicide attempt at **some point in their lives.**

LGBT people who have felt life was not worth living in the last year



Q3

- How many LGBT people said they've experienced anxiety in the last year?

20%

25%

60%

Answer: 60%

Three in five LGBT people (61%) said they've experienced anxiety in the last year.

Four in five nonbinary people (79%) have experienced anxiety in the last year compared to 65% of LGBT women and 54% of GBT men.

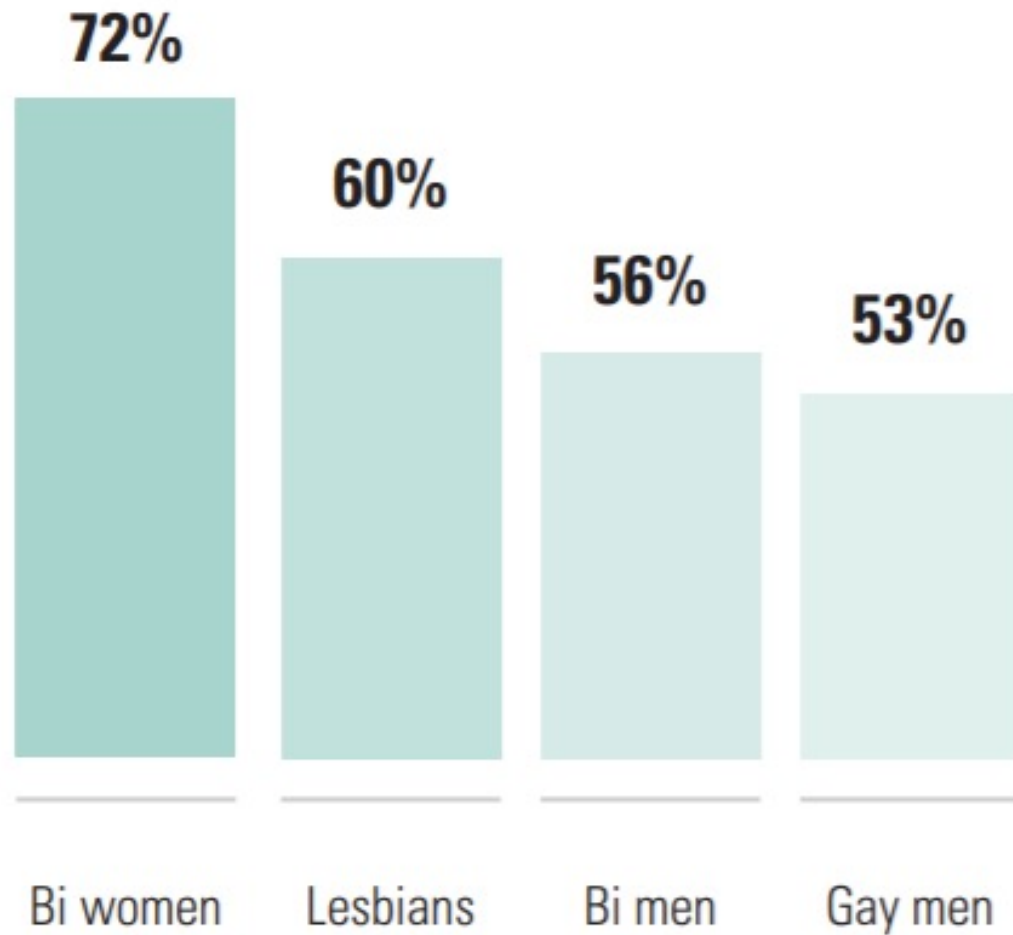
Seven in ten trans people (71%) have experienced anxiety in the last year



I have a severe anxiety disorder and therefore I rarely leave my house except for going to work. I'm fairly certain the reason I rarely experience harassment anymore, and haven't in the last year, is simply because I go to great lengths to hide from it, not because there has been any great change. I experienced harassment and violence because I was/am known to be trans in my small town on a daily basis for many, many years. I have been hit, kicked, tripped, spat at, cornered, I was even whipped across the face with a skipping rope once in the street. I've been called just about every vile name under the sun.

Lars, 24 (East of England)

LGBT people experiencing anxiety in last year



Q4

- In what year was the age of consent equalised for gay men in the UK?

1967

1994

2001

Answer: 2001

- Sex between men was illegal until 1967, when the Sexual Offences Act came into force in England and Wales and made it legal for two men aged 21 and over to have sex.
- In 1994, the age that gay men could legally have sex was lowered to 18, and in 2001, it was finally lowered to 16 – making it equal to the age of consent for straight people.

Q5

- When was 'homosexuality' declassified as a mental illness or disorder?

1987

1992

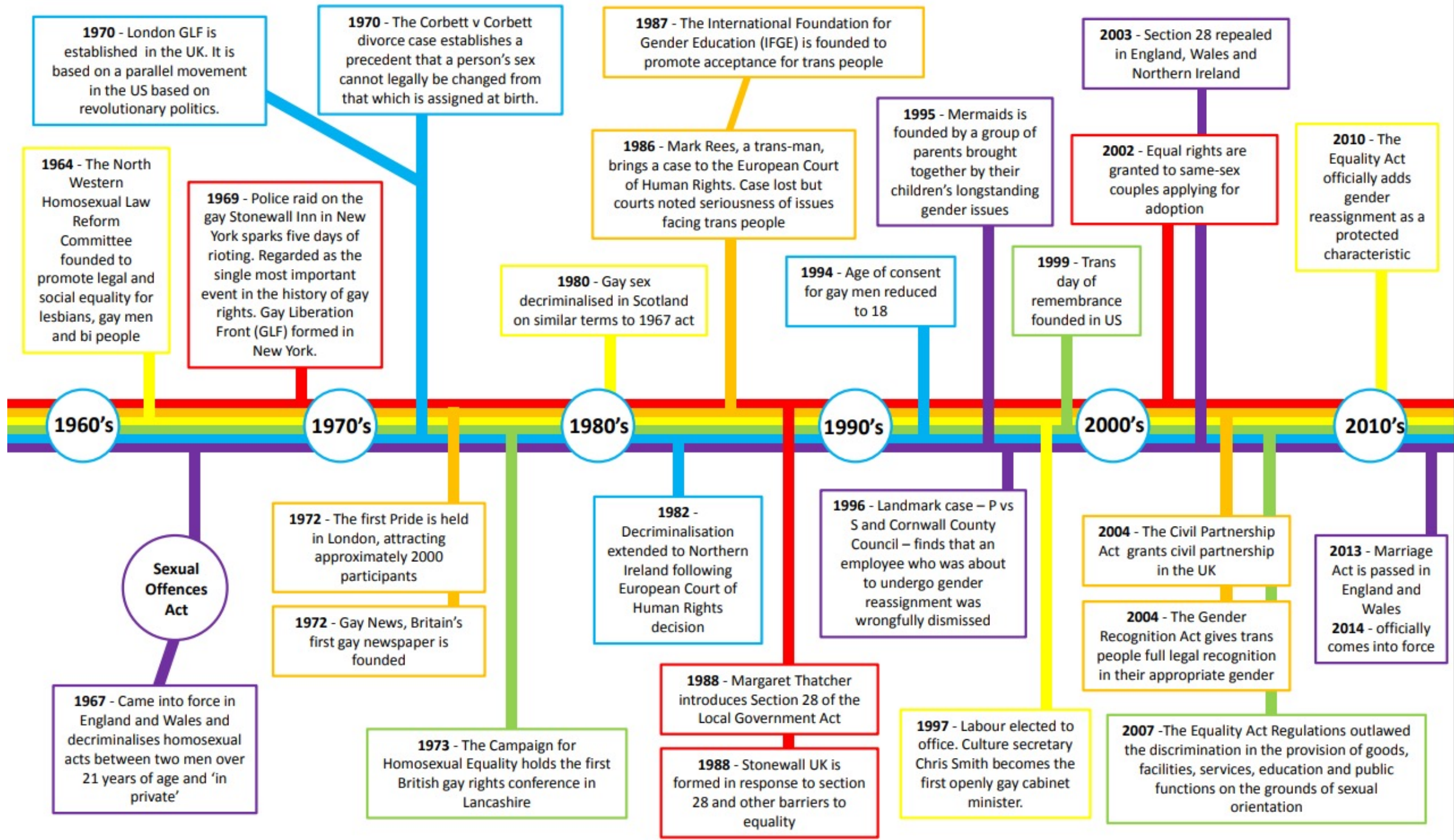
2018

Answer: 1987 and 1992

In **1987**, homosexuality was totally removed from DSM (Diagnostic and Statisticians' Manual)

World Health Organisation (WHO) only removed homosexuality from its ICD (International Classification of Diseases) classification with the publication of ICD-10 in **1992**

In June **2018**, WHO declassified being transgender as a mental illness.





**SORRY
BUT
THIS IS
THE END
OF THE QUIZ**

mind
OUT

LGBTQ mental health service

Challenges Faced by LGBTQ People



- Christine's story
- Content warning: this video discusses bereavement, medical maltreatment and suicide.

Questions?



Next Time

14th October 3 – 4.30pm

Privilege, Minority Stress and Intersectionality

- Unpacking Straight / Cisgender Privilege - activity
- Minority stress - discussion
- Intersectionality - discussion and video