



Office for Health
Improvement
& Disparities

Queer Futures 2- What works to support LGBTQ+ young people's mental health?

LGBT+ Young People's Mental Health and Wellbeing

Gemma Mann, Children Young People and Families Programme Manager .
OHID

Professor Elizabeth McDermott ,Birmingham University

Published 12/10/22

Agenda

1. Housekeeping
2. Introduction
3. Queer futures 2 – What works to support LGBTQ+ young peoples mental health?
4. Questions and discussion



Housekeeping

- Recording throughout to widen access to shared learning
- Please stay on mute and keep cameras off unless asking a question
- Questions into Teams chat, we will pick them up at the end.
- Please “like” questions to help us prioritise
- Evaluation and link to presentations to follow event
- Safe space



Why are we doing this ?

1. Children's mental health is a priority.

- [The Five Year Forward View for Mental Health](#)
- [NHS Long Term Plan](#)
- [Transforming children and young peoples mental health provision a green-paper](#)

2. Reducing health inequalities

Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not(1-5)

- Young people who identify as LGBT+ are more likely to report self-harming than young people who do not identify as LGBT+ (3,6)
- Symptoms of depression are more common and severe in young people who identify as LGBT+ than in those who do not identify as LGBT+,(3,5,6)
- Adolescents who identify as LGBT+ are at increased risk of anxiety disorders(7,8)



Mentimeter

In one word, how would you describe mental health support for LGBTQ+ young people in your area?

www.menti.com

Joining Code: 7944 489



What works to support LGBTQ+ young people's mental health? Queer Futures 2:
Professor Elizabeth McDermott (PI), Birmingham University