



Breathing Space

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone – we're here to listen.

☎ 0800 83 85 87

Mon-Thurs 18:00-02:00

From Fri 18:00 to Mon 06:00, 24 hours

<https://breathingspace.scot>

Samaritans

If you need someone to talk to, we listen. We won't judge or tell you what to do. Call or email us anytime day or night.

☎ 116 123 ✉ jo@samaritans.org

Livechat via website: www.samaritans.org

NHS24

Our 111 service is here to provide urgent care advice and mental health support day or night.

Phone 111 if you think you need A&E, but it's not a critical emergency.

☎ 111

www.nhs24.scot



info@healthyshetland.com



01595 807494



@HealthyShetland



@Healthyshetland1

www.healthyshetland.com



Leaflet developed by L. Rendall, Health Improvement Advisor, NHS Shetland
Produced May 2023 / Review due May 2024



Mental Health & Wellbeing Support

for the LGBTQIA+ community



Mental health refers to our overall psychological well-being and encompasses a range of aspects such as our emotional, cognitive, and behavioral functioning.



MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT

If you're LGBTQIA+ and have experienced mental health problems, you're not alone. Mental health problems can affect anyone, but they're more common among people who are LGBTQIA+. Some things LGBTQIA+ people go through can affect their mental health, such as discrimination, homophobia or transphobia, social isolation, rejection, and difficult experiences of coming out.

It's also important to note that embracing being LGBTQIA+ can have a positive impact on wellbeing too. You might experience more confidence, a sense of belonging to a community, feelings of relief and self-acceptance.

If you are having difficulties there are a number of people who can provide support and information, don't struggle alone.



Shetland Pride

If you are seeking some support and advice, or would like to be part of the team, get in touch via the website.

www.shetlandpride.co.uk

Mind Your Head

We want Shetland to be a place where mental health is supported positively in the community.

Get in touch for support.

☎ 01595 745035 ✉ mindyourhead@shetland.org

www.mindyourhead.org.uk

Switchboard LGBT+ Helpline

We provide an information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.

☎ 0800 0119 100, 10:00-22:00 daily

✉ hello@switchboard.lgbt

Livechat via website, from 15:00

<https://switchboard.lgbt>

LGBT+ Health and Wellbeing: TeleFriending 50+

Telefriending is a phone-based service delivered by a friendly and experienced team. We will give you the space to be yourself and talk about things you may not have anyone else to talk to about.

If you identify as LGBT+, are 50 or over, live in Scotland, have a phone and think you could benefit from Telefriending calls, please get in touch at:

☎ 0131 564 3972 ✉ tele@lgbthealth.org.uk

www.lgbthealth.org.uk

LGBT Foundation

LGBT Foundation provide a wide range of support services to lesbian, gay, bi and trans people.

Whatever your needs, we are here to support you.

0345 3 30 30 30

☎ Mon-Fri 09:00-21:00; Sat-Sun 10:00-17:30

✉ helpline@lgbt.foundation

<https://lgbt.foundation/helpline>

LGBT Health & Wellbeing

We provide information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender community across Scotland, including queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella.

☎ 0300 123 2523

Tues-Wed 12:00-21:00; Thurs-Sun 1300-18:00

✉ helpline@lgbthealth.org.uk

www.lgbthealth.org.uk

LGBT Youth Scotland

Here you'll find an interactive map of LGBT youth groups, details about our digital support services and an advice section that's packed with useful info.

www.lgbtyouth.org.uk

Terrence Higgins Trust: Peer Support Scotland

Whether you're newly diagnosed or have been living with HIV/Hepatitis C for decades, we have a range of services available. All of our support is confidential and you can access our services in a way that suits you.

☎ 0808 802 1221, Mon-Fri 10:00-18:00

✉ info@ttht.org.uk

Livechat Mon-Thurs via website:

www.ttht.org.uk

Mind

Mind is here for anyone experiencing a mental health problem. But we know that those of us with LGBTIQ+ identities may face extra challenges around getting the right support.

Contact our infoline for information and signposting.

☎ 0300 123 3393, Mon-Fri 09:00-18:00

✉ info@mind.org.uk

www.mind.org.uk

Search 'LGBTQIA' on the website