



Edited Photo. Original by Elena Rabkina on Unsplash

- **Do you experience stigma or discrimination because of your LGBT+ status?**
- **Do you work with people identifying as LGBT+?**
- **Are you interested to find out how to access support or support someone from the LGBT+ community?**

Stigma and discrimination within society as a whole negatively impacts the mental health of LGBT+ people.

At Mind, we believe we should all look out for one another's mental health, especially when we know that some of us suffer higher levels of discrimination and isolation.

This workshop explores relevant issues for LGBT+ people, including how to access support and raise awareness and understanding. Join this FREE workshop to develop your own awareness, skills and knowledge and your ability to support yourself and/or others.

Date: Thursday 20 February 2020
Time: 9h45 to 1pm (Registration at 9h30)
Venue: Harrow Civic Centre
Committee Rooms 1 & 2



For more information or to book a FREE place please contact Hanlie Burger on 020 8515 7861 or h4w@mindinharrow.org.uk. Book on Eventbrite: <https://lgbtandmentalhealthmindinharrowfeb2020.eventbrite.co.uk>