

Hillingdon Mind launches support service for lesbian and gay people experiencing mental health problems...

Thursday 10 October, 2013

Hillingdon Mind has recently employed a dedicated LGBT project coordinator whose sole role is to develop a support service for LGBT adults with mental health problems in the borough of Hillingdon.

Support services that are to launch in early November will consist of a social group meeting once a week, trips and other enriching activities decided by members on a quarterly basis. There will also be a mentoring and buddying system that will aim to support those most in need.

“Lesbian, gay, bisexual and transgender people are more likely to experience mental health problems due to social isolation and prejudice attached to those identities, if we add to it the stigma attached to mental health, we have a very vulnerable group. I am pleased that Hillingdon Mind recognises it.” – Lukasz, LGBT Project Coordinator

The project is still in its infancy, but Lukasz is already receiving enquiries. If you would like more information you can contact him via mobile: 07415151185 or email: lgbt@hillingdonmind.org.uk or visit Hillingdon Mind's website for more information: www.hillingdonmind.org.uk/lgbt.

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