

LGBTQ+ Mental Health Webinar 2023/2024
Friday 23 February 2024 | 9.30-12.30pm
 Online via Zoom

LGBTQ+ Youth Mental Health

Time	Presentation
9.30-9.35am	Welcome Chairs: Dr Gul Muhammad, Chair RCPsych West Midlands Division with Dr Aileen Blower CAMHS Consultant Psychiatrist
9.35-10.05am	Guidance on what CYP and families would find helpful during mental health service input journey, including perspective on gender-based areas Dr Seena Devaki, Consultant Child and Adolescent Psychiatrist, with Paul Daly, Policy and Research Officer –LGBT Youth Scotland, and Parent Carer Representation
10.05-10.35am	Gender identity and youth – balance in creating safe spaces Dr Claudia Zitz, Clinical Psychologist and Systemic Family Psychotherapist
10.35-11.05am	Eating Disorders and Autism in LGBT+ identifying youth Dr Nihara Krause, Consultant Clinical Psychologist, Founder of Stem4, with Dr Stephen Anderson, Consultant Psychiatrist Eating Disorders
11.05-11.15am	Comfort break
11.15-11.40am	Challenges faced by LGBTQ+ youth and a trauma-informed approach Amy Ashden, Director of Comms and Engagement, Just Like Us. Dan Johnson, Clinical Director of Kibble Education and Care Centre Claire Spence, Residential Childcare worker
11.40-12.10pm	Help-seeking preferences and experiences of gender-diverse youth Dr Mina Fazel, Professor of Adolescent Psychiatry, with Emma Sonesson, Post Doctoral Researcher
12.10-12.30	Queer Futures 2: Findings and applications from a UK wide study about the best types of mental health support for LGBTQ+ young people Dr Rachael Eastham, Lecturer in Adolescent Health Inequalities
12.30pm	Close