



# MY EXPERIENCE OF BEING LGBT AND USING MENTAL HEALTH SERVICES



# FIRST EXPERIENCES OF SERVICES

- Chams didn't get it – told me to behave and stop attracting attention
- Did not feel like they understood
- Was fearful of telling to anyone about how I was feeling regarding my sexuality.
- Was not accepted by anyone,
- Felt so alone and helpless



# FIRST EXPERIENCES OF ADULT MENTAL HEALTH SERVICES

Could not make a connection with my first team

Couldn't talk openly about who I felt I was

Expected to fit a certain stereotype

It wasn't until I got my first OT that I felt I could be honest with her – I was 22.

Sue helped me so much didn't judge and accepted me for who I was.

# AN INPATIENT IN A SPECIALIST EATING DISORDER UNIT.

- Staff
- They were very accepting
- Didn't feel judged at first
- During issue with other patient I didn't feel supported, was made to feel I was the one with the problem
- Staff didn't believe me
- Other patients
- Most were very accepting and my sexuality wasn't an issue
- Had problems with one of the other patients
- It almost cost me my place on unit and my recovery
- I was left feeling isolated
- This patient accused me of having a crush on her, she is just 4 years older than my son
- She thought that because I am a lesbian I fancy every woman, she was just 19.

# HOW THE SITUATION WAS RESOLVED

after a difficult and very isolating period I spoke with my psychiatrist

- She was very supportive, listened to me and spoke with the other patient
- There was a very upsetting incident in which another member of staff witnessed which really helped, someone else saw and heard
- Having the evidence and support gave me confidence.
- My recovery got back on track as did my friendships that had become strained.

# MY HOME TEAM, ANLABY CLINIC

I have a fantastic relationship with my home team

Have always felt accepted by them and never had any issues with my sexuality

Times have changed so much

Times have really changed but I do think there is more that needs to be done and more awareness of the issues LGBT people can face especially discrimination and the stigma and myths that still remain.

difficulties with socialising and how hard it can be to find LGBT groups.

Anyone who is LGBT are just the same as those who are heterosexual.

