

Lesbian, Gay, Bisexual, Trans+ (LGBT+) Network Tuesday 3 October 2017 (am)



Cost: £55.00 flat rate

NB: If delegates also wish to stay for the Equality, Diversity and Inclusion (EDI) Network on the afternoon of 3 October 2017, the charge for attendance for the whole day is £99.00.

Topic: LGBT+ Mental Health

World Mental Health Day is on 10 October 2017, and this session looks at the particular issues affecting the mental health of LGBT+ people. What are the mental health impacts of being LGBT+? Why are bisexual people more vulnerable to mental health problems than lesbian or gay people? What do we know about the intersections between the autistic community and the LGBT+ community? What are the additional stresses for "minorities within the minority"? How does mental health and neurodiversity create a barrier to inclusion, and how can it be overcome?

The session includes:

- an understanding of the minority stress model
- strategies to support LGBT+ Mental Health
- best practice sharing between attendees
- a focus on less heard LGBT+ voices, eg Bisexual, LGBT+ Muslim.

The network is facilitated by **Sam Hope**, a BACP Accredited Trauma Counsellor and professional EDI trainer. As a long-term community organiser with LGBT+ people, Sam shares their experience of engaging and supporting a diverse community and ensuring those on the margins are not neglected.

Networking

The concept of the networked professional is increasingly important as workloads increase. Are you busy re-inventing the wheel? Perhaps your colleagues have already developed the solutions you seek. Networks enable collaborative working, an efficient use of your time, providing space and opportunity for you to think more creatively.

If you have an aspect of good practice that works well for you then do consider presenting this to your colleagues at a meeting. Contact Michelle Chesterfield, Tel: 0115 8541 626, Email: michellec@emfec.co.uk, with your agenda item. This network will start at 9.30 am with arrival and refreshments, for a prompt start to the meeting at 9.45 am, finishing at 12.15 pm with lunch. We look forward to welcoming you to emfec!

BOOKING IS EASY - just [click here](http://www.emfec.co.uk/event/lesbian-gay-bisexual-trans-lgbt-network/) to book a place or type this link into your browser:
<http://www.emfec.co.uk/event/lesbian-gay-bisexual-trans-lgbt-network/>

A Training Centre in the Heart of the East Midlands

For more information on our training centre, or to view our gallery of rooms, please visit our website: www.emfec.co.uk/services/.



Please note that a confirmed booking requires a purchase order number, which must be received prior to the event.