

#DMUpride 2017

Mental health in Lesbian, Gay, Bisexual, Trans and Queer Communities: Building resilience

De Montfort University
Tuesday 28 February 2017

As part of #DMUpride month, this is our 3rd annual conference. This conference will uniquely bring together academic researchers in mental health alongside provider organisations in addition to the perspectives of people who are users of mental health services.

The conference will address mental health among homeless LGBT people, trans people's wellbeing and mental health among young people. We have a cutting edge programme of speakers and workshops addressing mental health and well-being across the broad range of LGBTQ communities including trans and non-binary people.

Sam Hope

Sam Hope is an accredited trauma therapist, equality trainer and writer who is also a non-binary transgender person. They have been active in campaigning for the inclusion of transgender people for many years. Sam runs a business offering flexible CPD, trans, LGBT+ and mental health awareness training, mainly in education and the third sector, that gives back 50% of time worked free to local trans community organising, support and awareness raising. Sam co-facilitates a trans support group in Nottingham and a community organisation called Notts Trans Hub.

Sam has delivered training for a number of educational institutions, as well as working with statutory and third sector organisations, including Age UK Nottingham, Leicester LGBT Centre and Lincolnshire LGBT+ Conference. With an MA in trauma studies and a special interest in the dynamics of abuse and oppression, Sam explores minority stress and its traumatic impact on marginalised populations. Their website, which contains a number of resources, can be found at <http://hopecat.co.uk>.

Twitter: @ Sam_R_Hope

Summary of the workshop

Sam explores the specific impact on non-binary trans people, a group who have yet to achieve the civil rights and recognition of trans men and women, but also face similar social stigma and marginalisation. Looking at how our own and other cultures respond to non-binary lives, there is also a chance to acknowledge and embrace the complexity of gender and gendered experiences.

The workshop looks at what building resilience might look like for marginalised and minority communities, and the social breakthroughs that might be possible if we embrace the challenges non-binary people present us with.