



PeerTalk®

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Staying PeerTalk Connected

June 2022

Click [here](#) for our [PeerTalk Support Groups](#)



June is Pride Month



Pride: What is it and why do people celebrate it?

Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done

LGBT+ stands for lesbian, gay, bisexual and transgender. The + is an inclusive symbol to mean 'and others' to include people of all identities.



[Find out more about what Pride is all about](#)

Charities Aid Foundation

DONATE



[Mental health support if you're lesbian, gay, bisexual or trans](#)

Volunteer with PeerTalk

PeerTalk regularly trains volunteers in the role of Support Group Facilitator for our groups. Our next training events are in the North East on Saturday 2nd July and in the South East on Saturday 10th September. For more information about volunteering with PeerTalk and how to apply see [here](#)

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people.

Mindout work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern. Mental health problems such as depression or self-harm can affect any of us, but they're more common among people who are lesbian, gay, bisexual and trans (LGBT). This may be linked to LGBT people's experience of discrimination, homophobia or transphobia, bullying, social isolation, or rejection because of their sexuality.



mindout.org.uk



Suicidal feelings

Different people have different experiences of suicidal feelings. You might feel unable to cope with the difficult feelings you are experiencing. You may feel less like you want to die and more like you cannot go on living the life you have.

These feelings may build over time or might change from moment to moment. And it's common to not understand why you feel this way. But you are not alone. Many people think about suicide at some point in their lifetime.

[About Suicidal Feelings](#)



Shame

The word 'shame' means different things to different people. Shame is different from guilt and embarrassment.

Shame involves negative feelings about oneself, and although a person can be shamed by peers or society in general, shame can also be experienced secretly.

Unresolved shame can lead to feelings of depression, anxiety, and low self-esteem.

[Learn about Shame](#)



Social Media & Mental Health

Ironically for a technology that's designed to bring people closer together, spending too much time engaging with social media can actually make you feel more lonely and isolated—and exacerbate mental health problems such as anxiety and depression.

[Social Media and Mental Health](#)



Mental health consultation

Read about the consultation [here](#)

Take part in this survey [here](#)

... and say how great PeerTalk is!