



# National Conversation on Mental Health

Sunday 22nd September

A day of discussion on LGBTQ+ mental health,  
learning from experience and discussing how  
to improve access to mainstream services



**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre



# Join the conversation throughout 3 community events in Glasgow spanning across the day



## Community Brunch | 12-1.30pm

CCA, 350 Sauchiehall Street, G2 3JD

Booking essential: [www.tinyurl.com/MHBrunch](http://www.tinyurl.com/MHBrunch)

Contact: [benn@lgbthealth.org.uk](mailto:benn@lgbthealth.org.uk) | 0141 271 2330

A free informal brunch for LGBTQ+ people to share the variety of mental health experiences within our community and identify potential solutions to overcome barriers to accessing mainstream mental health services.



## Community Discussion | 2.30-4.30pm

CCA, 350 Sauchiehall Street, G2 3JD

Booking essential: [www.tinyurl.com/LGBTMHDiscussion](http://www.tinyurl.com/LGBTMHDiscussion)

Contact: [ian@lgbthealth.org.uk](mailto:ian@lgbthealth.org.uk) | 0141 271 2330

A free panel discussion with LGBTQ+ people to talk about our experiences of accessing mainstream mental health services, what could they do to help access and what role can LGBTQ+ organisations play.



## Our Stories Spoken Word | 6.30-9pm

The Project Café, 134 Renfrew Street, G3 6ST

Booking essential: [www.tinyurl.com/MHOurStories](http://www.tinyurl.com/MHOurStories)

Contact: [ian@lgbthealth.org.uk](mailto:ian@lgbthealth.org.uk) | 0141 271 2330

A free relaxed spoken word evening to tell a story, read a poem or enjoy others' contributions. We will talk about breaking down stigmas around mental health, with some special appearances from participants in our Real Talk mental health storytelling course.

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)



#WellHealthy 