



## LGBTQ Wellbeing Group

If you are **registered with a GP in Southwark**, and you identify as **lesbian, gay, bisexual, trans/non-binary** or **queer**, and would like help to combat **stress, anxiety** or **depression** - you might find our **LGBTQ Wellbeing Group** helpful.

LGBTQ people have to deal with additional stress compared to people who identify as straight and cis. We are offering an **interactive 8 session online course** where we aim to provide an LGBTQ+ friendly space to learn about and practice ways to cope with the impact of stress, anxiety and low mood, and develop strategies that can help you build your resilience and wellbeing. You will likely benefit from the group even if you don't think your sexual orientation or gender identity are central to your mental health difficulties.

Group sessions will take place **online** over video call and you can attend from the comfort of your own home.

The next 8 session group will be starting on:

**Tuesday 25<sup>th</sup> January 2022 from 5.30 – 7 pm**

**Interested?**

For more information contact:

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