



Promoting the Right to Health for LGBT+ communities



@LGBTHealthy



@RosieTylerGreig

Aims

- The work of LGBTHW / why the right to health is important to us
- The right to mental health / what a human rights based approach to mental health looks like
- The unique barriers LGBT populations experience in realising their right to health / what could help overcome the barriers



@LGBTHealthy



@RosieTylerGreig



What we do

- One-to-one mental health support and counselling
- LGBT Helpline Scotland
- Programme of social activities and events
- Developing and supporting community groups.
- Working with decision makers within policy and practice to ensure the lived experience of LGBT people is considered, and improved.



@LGBTHealthy



@RosieTylerGreig



How? Promoting the Right to Health

- **Available:** having core things that promote wellbeing. For example, information, education and healthy and positive relationships between individuals.
- **Accessible:** health promoting measures need to be available without discrimination.
- **Acceptable:** health promoting measures are acceptable to the communities involved.
- **High quality:** means that measures are evidence based and likely therefore to be effective.





Why? Promoting the Right to Health

Substantial health inequalities for LGBT communities:

- **Poorer general health** (10% gap between LGBT people and the general population).
- **Mental health is a particular concern** (twice as likely to report poor mental health).





Rights Based Approach to Mental Health

A social, psychosocial, political, economic and physical environment that enables individuals and population to live a life of dignity, with full enjoyment of their rights (and in the equitable pursuit of their potential.

Human Rights Council, July 2019





Rights Based Approach to Mental Health

Social – isolation

Political – marginalised and fighting for rights

Economically – disadvantaged, particularly in the workplace

Physical – safety is an issue





Getting help?

25% of LGBT people have experienced discrimination in services

71% of LGBT people never or only sometimes feel able to be open about themselves when accessing services

Practitioners are often uninformed or lack confidence around how to treat LGBT people.





National Conversation on Mental Health



- **What are the barriers to LGBT people accessing mental health services?**
- **What could mental health services do to make LGBT people feel more included?**



@LGBTHealthy



@RosieTylerGreig



Promoting the right to health: what can we all do?

- Inclusion from the start
- Intersectional networks
- Inclusive spaces

All our rights impact our right to health!

