

Welcome

LGBTQ+
PROJECT

Mental health and wellbeing
support in Norfolk and Waveney

Who we are

The only dedicated LGBTQ+ health and wellbeing service in the county, we provide early intervention and prevention support, education, and information for people of all ages across Norfolk and Waveney.

- One to one support
- Family/carer support
- All age drop in groups
- LGBTQ+ Awareness training
- In house resources

Why coming out matters

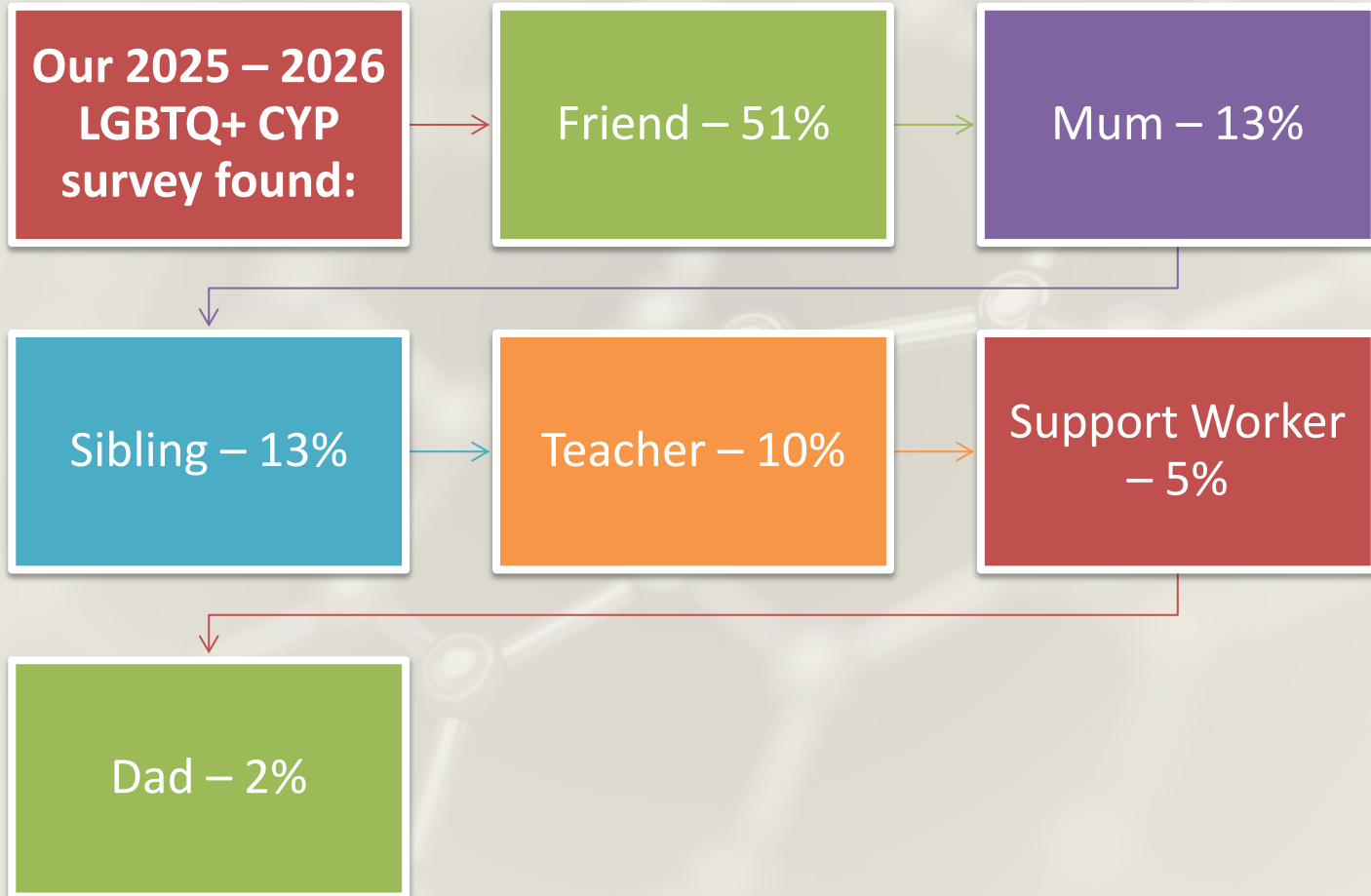
Coming out can be a significant and vulnerable experience for LGBTQ+ children and young people.

Young people may be seeking safety, acceptance, or support

The response they receive can impact wellbeing and confidence

Trusted adults can play an important role

Who LGBTQ+ CYP First Came Out To



Coming Out to Staff at school

Among those who came out:

46% had a positive experience

32% had a somewhat positive experience

22% had a negative experience

Experiences with staff were mixed.

Support After Coming Out

Our survey findings showed:

69% felt they received the support they hoped for

8% did not receive the support they needed

3% only received some support

This indicates that coming out remains a vulnerable experience for many young people.

Being yourself at home

Our survey found:

- 69% felt comfortable being themselves at home.
- 53% had heard family members speaking negatively about LGBTQ+ people.

Even within supportive families, negative comments can contribute to:

- Anxiety
- Shame
- Fear of rejection
- Delayed disclosure
- Reduced self-esteem

Family attitudes can have a significant impact on a young person's emotional safety and wellbeing.

Valuing
Uniqueness
Why this
matters.

When professionals value individuality, they help build trust, belonging, and positive outcomes for children and young people.

So where do we start?



Person centred approach


When you meet one LGBTQ+ person, you have met just one LGBTQ+ person.



Avoid making assumptions



Some adults may think young people are “too young to know” their identity



76% of young people in our survey realised they were LGBTQ+ before age 13.

How Do We Understand What Is Unique?

What does your identity mean to you?

- Every young person experiences and expresses their identity differently.
- The way adults respond to LGBTQ+ young people can influence how they view themselves. Feeling accepted and valued can support confidence and wellbeing, whereas rejection, silence, or negative messaging can contribute to shame and low self-esteem.

Mental health & Wellbeing

2025 – 2026 CYP clients

77% - mental health issues/behaviours

- Anxiety – 68%
- Depression -40%
- Self harm – 23%

Our 2025 – 2026 survey

Anxiety – 87%

Depression – 70%

Low self esteem – 64%

Self – harm – 62%

Barriers LGBTQ+ Young People May Experience

Bullying and discrimination

Fear of rejection or exclusion

Lack of representation and visibility

Negative language or assumptions

Not every LGBTQ+ young person will experience these challenges, but these are some of the barriers that can affect wellbeing, safety, and confidence.

Bullying & Discrimination

Our survey findings:

40% - Sexuality &
Gender

26% - Gender alone

24% - Sexuality

The findings indicate that LGBTQ+ young people — especially trans and non-binary individuals — face high levels of discrimination and victimisation.

Negative language

Our survey findings:

Verbal abuse - 56%

This suggests that discriminatory language remains normalised in some educational settings.

53% - only “sometimes” felt safe.

37% - felt safe

10% - did not feel safe

Creating an LGBTQ-inclusive space for children and young people

- Representation Matters
- LGBTQ+ Awareness Training.
- Listen to young people.
- Resources

An LGBTQ-inclusive space is ultimately one where a child or young person can think:

“I can be myself here, and I will still be safe, respected, and valued.”

My coming out

What life felt like before coming out.

The turning point

Reactions from others

What changed afterwards

What I wished people understood

What being myself now means to me.



Something to celebrate

A young person's uniqueness becomes their strength when the people around them make it safe to be themselves.

Contact



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