

LGBTQ+

Summer

Where to get support

For some of us school is the only place we are out and support, the holidays can be challenging. If you need support during the holidays here are some places you can reach out to:

The Proud Trust – Free resources including free workbooks that you can complete in your own time.

www.proudtrust.com/

Just Like Us, You Tube channel – This You Tube channel has a great mix of stories from young LGBTQ+ people and workshops that you can watch back. Just search 'Just Like Us' on You Tube.

Mind – Mind is a mental health charity that has a LGBTQ+ section where you can access support via an instant message service.

<https://mindout.org.uk/get-support/mindout-online/>

Kooth – Kooth provide online support and forms for young people, visit their website to find out more.

www.kooth.com/

Samaritans – Free phone support line, ring 116 123 or visit their website to find other ways to access their support.

<https://www.samaritans.org/>

Child Line – Free phone support line, ring 0800 1111 or visit their website to find other ways to access their support.

<https://www.childline.org.uk/>

If you are in immediate danger ring 999 to contact the police, ambulance or fire service

Things to do

LGBTQ+ things on in Bristol this summer

LGBTQ+ Arts Trail – There is an LGBTQ+ arts trail running throughout July as part of Bristol Pride. You can download the guide here <https://bristolpride.co.uk/events/lgbt-arts-trail/>

Read a LGBTQ+ story – FHS Library has lots of LGBTQ+ books available via our virtual library. If you need suggestions take a look at some of the books that have been discussed in our Teams post.

M Shed – The M Shed is free to visit and has some LGBTQ+ stories. Visit and see if you can see the historical items from the Bristol Section 28 protests.

Watch LGBTQ+ stories online – On our Teams group we have shared ideas of good things to watch that are LGBTQ+ inclusive. Take a look and let us know in September what you enjoyed.