

Risk and Resilience:

Participation-building resilience and tackling discrimination

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**More risk factors & fewer protective
factors:**

- •Struggle to achieve self acceptance
- •Invisibility
- •Isolation [esp. in rural communities]
- •Limited access to information
- •Few positive role models

Young Trans Person at LGYM:

“Going from being a homeless young trans person in temporary accommodation, to getting help, advice and support, to taking up all the volunteer training and opportunities available at LGYM and being involved in setting up and now running Trans Youth Manchester –

It's like a mini-success story with a happy ending and I think it's really important that it is heard”

Risk groups or risk conditions?

Health promotion initiatives need to shift attention away from seeing LGBT people as *at risk groups* to recognising the *risk conditions* which generate health inequalities.

Structural inequalities people may experience

- The nature of programmes to improve the mental health and well being of LGBT people, including for younger people and older people.
- Policy and practice for addressing self-harm and suicide among younger and older LGBT people.
- Processes for addressing stigma and discrimination experienced by LGBT people with mental health problems, including among LGBT communities.
- The implications of 'coming out' for the mental health and wellbeing of LGBT people.

Engaging YP in structures that promote resilience and lower risk factors

- **Find out their name, remember it and use it.**
- **Create a safe, warm and welcoming environment**
- **Work from a needs led basis**
- **Develop leadership**
- **Promote ownership of the work**
- **Showcase the work to decision makers**

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