





LGBTQ+

Research suggests that LGBTQ+ people can be vulnerable to developing mental health conditions.

You may have experienced discrimination, homophobia or transphobia and these experiences can harm your self-esteem, resilience and self-confidence.



Questioning your sexuality or gender can create a lot of confusion, stress and inner turmoil. Try to prioritise your mental health during this period and make sure you know where to get support when you need it.

Coming out isn't usually a single event – it can be a long process of you coming to terms with your sexuality or identity and sharing this with different people.

[LGBT Ireland describes coming out as having 3 stages](#)

- Discovery – where you start to question your sexuality or identity because of how you feel
- Acceptance – when you start to accept yourself and begin to come out
- Integration – when you are comfortable expressing your true identity and living your life accordingly



You're not under any responsibility to share your private life with anyone, but it's natural for your classmates to ask you about yourself. Regardless of your identity or sexual orientation you may find that the people you meet

- Make assumptions about you and are surprised if these are not correct
- Ask questions that you're not comfortable answering
- Intentionally or unintentionally say things that you find upsetting or offensive
- Think about how you'd deal with these situations and plan your responses.

Your college or university should support you and ensure that your classes are free from harassment, bullying and discrimination.

Speak to your tutor or student wellbeing team if you feel you are being treated unfairly or denied services because of your gender or sexual orientation.

Colleges and universities usually try to be supportive welcoming places for LGBTQ+ people. There may be a specific team at your students' union who focus on LGBTQ+ issues, or your college or uni may have an LGBTQ+ society you can join.

Your college should have an equality statement or policy that sets out how it works to ensure people



are not discriminated against on grounds of sexuality or other protected characteristics.

NORTHERN IRELAND

- [The Rainbow Project](#)
- [Transgender NI](#)
- [Cara-Friend](#)

REPUBLIC OF IRELAND

- [LGBT Ireland](#)
- [Transgender Equality Network Ireland](#)
- [Belong To](#)

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