

MENTAL HEALTH SUPPORT TEAMS

Service delivered in partnership with Hampshire and Isle of Wight Integrated Care System.



hampshirecamhs.nhs.uk

PRIDE newsletter - June 2022

Contact us: SPNT.MHST.earlyhelpse@nhs.net

HAPPY PRIDE MONTH

June is LGBTQ+ pride month which recognises and celebrates everything the LGBTQ+ community has had historically, locally, nationally and internationally. Pride is celebrated with parades, parties, concerts and much more and sees millions of people celebrating around the world!

Pride is all about bringing awareness and acceptance to the LGBTQ+ community to make places safer and better for everyone.

You can find local Pride events in your area and ask people in your school how they will be celebrating!

LGBT Mental Health Hero - Elliott Page



In December 2020, after disclosing that he is transgender, the Oscar-nominated actor and star of Netflix's *The Umbrella Academy* (Season Three out June 22) became the most famous trans man on the planet. That's made him the target of indescribable hate but has also brought him unimaginable joy.

Page opened up to *Esquire* about the 'never-ending sensation of anxiety and nervousness' that he felt before his transition, while also detailing the 'incessant hatred and cruelty' that he's had to face since coming out. He called coming out to the world and finally getting to be his true self 'indescribable,' adding that he 'never imagined' he'd feel this way.

<https://www.esquire.com/entertainment/tv/a40011366/elliott-page-umbrella-academy-euphoria/>

Podcasts

- LGBTQ&A
- Nancy,
- Queer AF,
- Queery
- Getting Curious with Jonathan Van Ness

Shows

- Steven Universe
- She-Ra and the Princesses of Power
- The Owl House
- Heartstopper (12)
- Raising Dion (12)

Movies:

- The Prom (12)
- Love Simon (12)

Books



Mama and Mommy and Me in the middle
by Nina LeCour



Pride: The Story of Harvey Milk and the Rainbow Flag
by Rob Sanders



Stonewall: A Building. An Uprising. A Revolution
by Rob Sanders



When Aidan Became A Brother
by Kyle Lukoff



Prince & Knight
by Daniel Haack



Pride Puppy!
by Robin Stevenson



The Boy & The Bindi
by Vivek Shraya



My Rainbow
by Trinity Neal and Deshanna Neal



PRIDE events 2022

11-12th June 2022

People's Pride Southampton
Educational Pride event due to launch June '22

16th July 2022

Isle of Wight Pride
Proposed date following cancellation in 2021.

10th September 2022

Eastleigh Pride
Family Extravaganza

11th June 2022

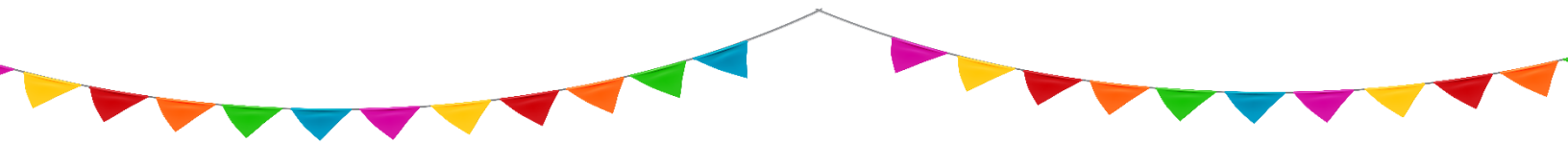
Portsmouth Pride

20th August 2022

New Forest Pride
The very first New Forest Pride!

PRIDE events are an exciting and fun way of celebrating PRIDE, often involving music, dancing, food stalls and lots of great information and support for the LGBTQ+ community.

If you would like to attend one of these events, make sure you ask a trusted adult or friend to go with you and remember, as always, to stay safe.





PRIDE activities

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Why not have a go at creating your own acrostic poem around the PRIDE theme?

More activity sheets have been sent out with this newsletter as email attachments including how to create your own handheld PRIDE flag - if you are receiving this in a different format, please ask your schools to provide these for you 😊

MENTAL HEALTH
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