

MENTAL HEALTH ADVOCACY SERVICE

A free, confidential and independent service for people who live in and around London (aged 16+) who are accessing mental health services or need support to access mental health services. Email us to find out: advocacy@pacehealth.org.uk more or visit www.pacehealth.org.uk

Many LGBT people are reluctant to access mainstream services or are unwilling to disclose their orientation in case they experience discrimination or are misunderstood. This can reduce the effectiveness of the support that they receive or lead to less positive outcomes. PACE's mental health advocacy service aims to counterbalance these inequalities.



enabling people with **poor mental health** to make informed choices



FAMILY SUPPORT SERVICE

PACE runs a free family therapy service specialising in LGBT issues, which is available to anyone considered 'family'. These support sessions can be for whole families, part of a family, or alternatively one-to-one family therapy can be made available. Find out more at www.pacehealth.org.uk or contact: jo.beecham@pacehealth.org.uk

WOMEN'S HEALTH PROJECT

This is an exciting project that aims to get lesbian, bisexual, trans and queer (LBTQ) women involved in their community by either volunteering or joining one of the programmes that we run! The project aims to raise awareness of LBTQ health concerns, create community and activism! To find out more about the Women's Health Project at PACE, please contact: becky.large@pacehealth.org.uk

MONTHLY DROP-INS AND GROUP WORK

We offer a range of workshops and groups for lesbians, gay men and bisexual people, which provide a rare opportunity to meet others in a non-commercial environment. We focus on different aspects of LGB life and personal development. More information about group work and workshops is available on the website: www.pacehealth.org.uk

DOMESTIC ABUSE SUPPORT GROUP

As part of the London LGBT Domestic Abuse Partnership (DAP), PACE runs a weekly support group for people who have experienced domestic abuse. The group runs on Monday evenings. Before accessing the group we will assess with you if the group is going to be useful to you. For further information please contact jo.beecham@pacehealth.org.uk, or call 020 7715 0367. The DAP is made of 5 LGBT agencies that each provides different services for LGBT victims/survivors of domestic abuse. With one phone call, you will be linked in with Stonewall Housing, Galop, Pace, London Lesbian and Gay Switchboard & Broken Rainbow. Everything you tell the DAP is completely confidential & all our services are provided free of charge.

TRAINING AND RESEARCH

PACE is one of the UK's leading training providers on diversity, HIV/AIDS & sexuality issues. We have a reputation for providing excellent courses that equip you and your organisation with new skills, knowledge, and expertise, improving quality in your work and your organisation.

PACE has been funded by the Big Lottery to undertake a major research study on inequalities in mental health in lesbian, gay, bisexual and transgender (LGBT) people in England. The project, entitled - 'the RARE study' | Risk and Resilience Explored: Understanding health inequalities in sexual minorities' - is being undertaken at PACE in partnership with academics from Brunel, Aston, Greenwich and South Bank Universities. The study started in 2010 and will be completed in 2015. Keep an eye on our website for developments.

www.pacehealth.org.uk - info@pacehealth.org.uk



* Subject to our confidentiality policy, safeguarding procedures & legal obligations. e-support includes: online/email/text/Facebook/bb and other forms of e-communication. ©PACE | AH-REV.v2.0 06/2011



SERVICE USER GUIDE 2011-2012

PACE is London's leading charity promoting the mental health and emotional wellbeing of the lesbian, gay, bisexual & transgender community.

Established for over 25 years, PACE was founded by pioneering campaigner Julienne Dickey, as a response to the discovery of HIV and AIDS in the early 1980s. The service initially provided information about HIV/AIDS and emotional support to gay and bisexual men in London who were affected by HIV/AIDS.

Since 1985 PACE services have continually developed, now working with lesbian, gay and bisexual women, gay and bisexual men, trans people and those exploring their sexual or gender identities.



promoting lgbt mental health and well being in London since 1985



We are continually striving to meet the changing needs of the LGBT communities within increasingly limited budgets. This guide provides an overview of the latest services offered by our professional and experienced team of staff and volunteers:

- **Counselling**
- **Career / Life Coaching**
- **Family Support**
- **Mental Health Advocacy**
- **Training and Research**
- **Workshops and Groups**
- **Youth work (under 19's)**

020 7700 1323 | Mon to Fri | 10.00am - 5.00pm
www.pacehealth.org.uk - info@pacehealth.org.uk

PACE COUNSELLING SERVICES

PACE offers counselling support to individuals who are LGBT, or who think they might be, and people who are experiencing difficulty in coming to terms with their sexual or gender identity. We also provide counselling to same-sex couples that are experiencing difficulties in their relationship.

**a chance to talk openly
in a safe and confidential space**



We use a range of approaches, which will be discussed at your initial consultation. If, after an initial consultation, it is decided that counselling at PACE is right for you, you will be offered up to twelve 50-minute sessions on a weekly basis.

Counselling at PACE is free to City & Hackney residents and young people aged 18 and under. A fee-paying service is offered to residents of other London boroughs.

To find out about the different counselling services offered at PACE, please contact us: 020 7700 1323 or email: info@pacehealth.org.uk

CAREERS ADVICE AND LIFE COACHING

Our qualified Careers Adviser & Life Coach offers a range of support and guidance around employment, education and training issues for lesbians, gay men, bisexuals and transgender people who live in London.

You will have 8 fortnightly appointments with your career coach who will assist you in setting your short term, medium term and long-term goals. To use the service, you need to have been unemployed for 6 months or more and may be experiencing emotional or mental health issues.

There is currently a waiting list for this service. To find out more please email our Careers Advisor & Job Coach: pete.mccormack@pacehealth.org.uk



**improving lgbt mental health support
understanding health inequalities**



PACE YOUTH NETWORK | WWW.PACEYOUTH.NET

PACE is committed to providing a safe and welcoming space for its younger service users. Its specialist youth support services are designed to be easy to contact, confidential* to access & engaging to be part of. PACE Youth Network currently works with those aged 19 and under living in and around London.

Search for us on Facebook or visit www.paceyouth.net to get the latest updates and advance notice about upcoming events or just drop us an email to info@paceyouth.net

**L.Q.Y.G - WEEKLY SOCIAL EVENTS (19 AND UNDER)
Every Tuesday evening in Islington 6.00-8.30pm**

Safe and regular meeting place (with good transport links) for all LGBT young people aged 19 and under. The weekly group provides a rolling programme of issue-based workshops and recreational activities. Find out more: www.paceyouth.net

**ONE-TO-ONE+ SUPPORT SERVICE (19 AND UNDER)
Tues-Thurs | 3.00 – 7.00pm | by appointment**

Confidential* information & support around any issue for under 19's. These sessions are free and confidential, by appointment. Regular telephone support (and e-support) is only available to registered service users. Email: info@paceyouth.net for details.



**social and emotional connections for
lgbt young people in London**



**PACE SCHOOLS TRAINING PROGRAMME
London schools training and visiting play**

We can help you ensure that your school is a safer, more-inclusive and friendlier environment for LGBT pupils, parents, staff and visitors.

Visit www.paceyouth.net or www.pacehealth.org.uk for further information about our London schools training programme (Inc. our visiting play "Them & Us" with Little Fish Theatre). Call 020 7700 1323 or email the Schools and Youth Work Coordinator: andy.higgins@pacehealth.org.uk

**YOUNG PEOPLES COUNSELLING (18 AND UNDER)
Monday-Thursday | by appointment**

Free confidential* counselling service for LGBT young people aged 18 & under who may be exploring their gender/sexuality. No referral agency needed. You can refer yourself directly and in confidence.

Why not get in touch? Call 020 7700 1323 to make an appointment or email deryn.howard@pacehealth.org.uk