



METRO

METRO Mental Health

Bexley LGBTQ+ Counselling Project



METRO Mental Health



METRO
Embrace Difference

METRO's Mission



METRO Mental Health

- Working collaboratively with our staff, volunteers, users, partners and supporters to make a difference to people's lives, we champion equality, nurture aspiration, embrace difference and challenge others to do so.
- We promote health and wellbeing through our transformative services to anyone experiencing issues relating to sexuality, gender, equality, diversity and identity, and use our unique insight from these transformative services and our diverse heritage to influence decision makers and to effect positive change.



The LGBTQ+ community and the COVID-19 pandemic



METRO Mental Health

- 42% would like to access support for their mental health at this time.
- 64% said they would rather receive support during this time from an LGBT specific organisation.
- “I’m transgender but not out, my parents are transphobic, having to pretend to be someone I’m not all the time is physically, mentally, emotionally and spiritually exhausting”
- Taken from the ‘Hidden Figures’ report published by the LGBT Foundation, May 2020)



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- Up to 6 sessions of counselling per client.
- The counselling is free of charge.
- Clients can choose between video call, telephone or face-to-face sessions.
- The counselling is available to anyone who identifies as LGBTQ+ and is a resident in the borough of Bexley.
- Clients can be referred or self-refer by contacting: kevin.franke@metrocharity.org.uk



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