

## LGBT Mental Health - compelling evidence from the UK

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Recording sexual orientation identity is necessary for monitoring health inequalities and complying with equal opportunities legislation. Many studies have shown that adults who identify as lesbian, gay, bisexual or trans (LGBT) are at increased risk of common mental disorder symptoms such as anxiety and depression. Few population-representative studies have been conducted previously and none in the UK. Recent population data on sexual orientation is now available and this paper presents the findings from the first analyses of this data. Findings will be presented in the wider context of LGBT mental health and its impact on physical health. Recommendations for research and practice will be presented.



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She recently joined Norwich Medical School in May 2016. Her research focuses on the mental and physical health of minority and vulnerable groups and she has a particular expertise in the area of health inequalities in gender and sexual minorities. She has published in the areas of physical and mental health, health psychology, psycho oncology and dementia and recently has published UK longitudinal population health indices in LGB populations.

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