



# DIVERSE MOB (LGBTIQA+)

LGBTIQA+ includes diverse mob, 2- spirit, sistagirls, brotherboys, lesbian, gay, bisexual, transgender, intersex, queer, asexual, agender, aromantic; + other diverse sexual orientations and gender identities.

Identifying as LGBTIQA+ doesn't cause poor mental health, in fact being your authentic self is an empowering experience. When people are shamed, abused, excluded or bullied, it can impact your wellbeing and you may become susceptible to mental health issues.

You have the right to be the person you are or who you want to be, and it may bring up some difficult challenges as you try to live the life you want.

It is not uncommon for people who are LGBTIQA+ to feel worried, alone, abandoned, or isolated. Some people may also experience anxiety, depression and suicidal thoughts or behaviour, especially if they are bullied or feel unsupported and alone.

Please reach out. You are not alone, there are always options and support available. It is important that you build up a safe network and be around people that give you strength.

For support talk to your GP, connect with specialist counselling services, connect with other LGBTIQA+ students, an ALLY, an Elder or have a yarn with a counsellor on campus.

It can be hard to ask for help but it may be harder to feel alone.

The University of Newcastle networks and support:

- <https://www.newcastle.edu.au/current-students/support/personal/gender-and-sexuality-support>
- <https://www.newcastle.edu.au/current-students/support/personal/gender-and-sexuality-support/ally>

Other organisations:

- <https://www.transhub.org.au/trans-mob>
- <https://headspace.org.au/young-people/gender-identity-and-mental-health/>
- <https://www.twenty10.org.au/>
- <https://www.acon.org.au/>



## WOLLOTUKA WELLBEING

Wollotuka Counsellor  
02 4921 6469

The Wollotuka Institute  
02 4921 6863

[wollotukacounsellor@newcastle.edu.au](mailto:wollotukacounsellor@newcastle.edu.au)

Artwork: Stronger Together (2021) Artist: Darleen Cooper

