

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Sexual (including orientation)

Talking about sexual issues can be scary or embarrassing, but if it's impacting your mental health, then talking about them can **really help**. You might be struggling with:

Intimacy issues

- Pressure to engage in sexual activities
- Worries about body image
- Struggling with sexuality
- Coming out to friends/family/school

All these topics can be **safely and sensitively** explored with your counsellor, **free from judgement**, or they can help you explore other agencies that can help, if needed. (However, it is also important to note that we **will have to break confidentiality** if there is a **safeguarding risk** to you, such as abuse or exploitation)

## Worries about sexual orientation?

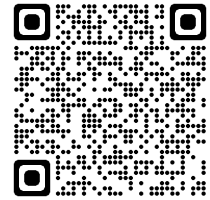
Our sexuality is unique to each of us, and there is no 'right' or 'wrong' sexuality- **we are who we are!**

However, there are times where **experiences** of your sexuality may be linked to poor mental health, such as:

- Being bullied due to your sexuality
- Being a victim of a hate crime due to you sexuality
- Feeling 'different' to those around you
- Feeling Lonely/Isolated
- Wanting to come out, but being afraid of how people will react
- Not wanting to come out at all
- Family and friends not being supportive of who you are
- Feeling as if you cannot be your 'true self'

If this is the case, it may help to:

- read through the **'helpful resources'** section
- **talk to somebody** you trust about your feelings
- **write down** your thoughts in a journal or somewhere safe on your phone
- find **like-minded people** in online or face-to-face communities/clubs
- follow social media accounts that help you feel **more connected and positive**
- do things regularly that make you **feel good** about yourself, such as hobbies you enjoy



[www.eyetoeye.wales](http://www.eyetoeye.wales)

## Useful Contacts

**Eye to Eye Counselling Service:**  
01443 202940  
Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**Childline**  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk) (online chat)

**LGBT Foundation**  
0345 330 3030  
[www.lgbt.foundation](http://www.lgbt.foundation)

**Switchboard Helpline**  
0800 0119 100  
[www.switchboard.lgbt](http://www.switchboard.lgbt) (online chat available)

## Helpful Resources

[The Mix: Sex and relationships](#)

[Young Minds: Sexuality and mental health](#)

[StoneWall: information Service](#)

[Mind Out LGBTQ+](#)



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