

Social Cognitive Theory

says that we learn and develop best when we get the right information that is relevant to us and have a safe and respectful social environment to practice and understand what we learn.



We host
DROP-IN SESSIONS that are
Confidential
Nonjudgmental
Supportive
Anonymous
Understanding

Contact 097 248 3829

SUPPORT

- ☐ **Sexuality and gender**
 - coming out
 - gender issues
 - relationships
- ☐ **Health and support**
 - support in accessing services
 - information on sexual health and practice
 - counselling services
- ☐ **Social issues / isolation**
 - connection to community
 - other social groups
 - friendships/relationships
- ☐ **Family issues**
 - acceptance
 - discussing issues
- ☐ **Alcohol and other drugs**
 - effects, health issues and safe practices
 - stopping drug or alcohol use/abuse

EDUCATION

- proactive community involvement
- media exposure to change attitudes, dispel myths and misinformation about sexual and gender identity and create understanding, respect, equality and acceptance for people in the LGBTIQ+ community

*ADVOCACY

- work with the community to address bullying and discrimination based on sexual orientation and gender identity in schools and work places

COUNSELLING

Our on-site counsellor can provide support for:

- ☐ life transitions
- ☐ anxiety and depression
- ☐ drug and alcohol misuse
- ☐ relationship and family difficulties
- ☐ suicidal or self-harm behaviours



Mental health

...is defined as a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community.

WORLD HEALTH ORGANISATION definition "...a state of complete physical, mental and social well-being, and not merely the absence of disease"

Sexual health

requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

WORLD HEALTH ORGANISATION definition "...a state of physical, emotional, mental and social well-being related to sexuality; it is not merely the absence of disease, dysfunction or infirmity"