

# STUC's LGBT+ Workers Conference



*By Stelios Michailidis, locum pharmacist and a PDA LGBT+ Network member*



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As a delegate representing the PDA at the STUC's LGBT+ Workers Conference, I had the privilege of engaging with professionals and workers from various sectors and exchanging groundbreaking ideas. The conference centred around crucial topics such as safeguarding fair access to medicine, eliminating discrimination against trans individuals in healthcare, addressing misdiagnosis and late diagnosis for trans people, and improving mental health support for LGBT+ patients. This experience highlighted the power of unity and collaboration in effecting positive change for the community.

Equal and equitable access to healthcare services is essential, regardless of one's gender identity or sexual orientation. Discrimination against trans individuals in healthcare was another critical issue discussed at the conference.

It was disheartening to learn about instances where transgender patients faced prejudice and inadequate care within the healthcare system. The conference emphasised the importance of educating healthcare professionals, fostering empathy, and promoting a culture of acceptance and respect. By working together, we can create an environment where every individual feels safe and receives the care they deserve, regardless of their gender identity.

## **LGBT+ mental health**

Improving mental health support for LGBT+ patients was another key focus of the conference. The challenges faced by the LGBT+ community in terms of mental health are unique and require specific attention. The conference emphasised the need for accessible and inclusive mental health services, including specialised programs and training for mental health professionals. By promoting a greater understanding of the mental health concerns experienced by LGBT+ individuals, we can provide better support and care for the LGBT+ community.

In conclusion, my attendance as a delegate of the PDA at the STUC's LGBT+ Workers Conference was an eye-opening and empowering experience. By coming together with those from other professions and sectors, we demonstrated our collective strength and resolved to push for substantial changes. Let us continue to foster inclusivity, understanding, and equality when creating a world where every individual receives the care they deserve, regardless of their sexual orientation or gender identity.