



Contact us @

shealth.improvement@sthk.nhs.uk.

You can also visit

www.sexualhealthsthelens.nhs.uk



overtherainbow.sh



Who are we

Over the Rainbow is a part social, part support group for young people aged 13-19 years (up to 25 with additional needs) who identify as Lesbian, Gay, Bisexual, Trans*, or are questioning their sexuality or gender identity.

We run a closed confidential youth group based in St Helens, Merseyside.

The group is run by the Health Improvement team in St Helens Sexual Health Service.

What our young people say.

"At Over the Rainbow, you can meet likeminded people and can socialise safely."

"I found the meeting to be a great break from everything that has been going on and it was really nice to be in touch with people from the local LGBT community and just be in touch with that aspect of my identity more "

What we do

We offer information, advice and guidance on a range of issues relevant to young people in general and LGBTQ young people in particular, including coming out, bullying, sexual and emotional and mental health and well-being. If additional support is required e.g. counselling, we will signpost them to an appropriate service.

Our aim is to empower all young people to have positive self-esteem and confidence, to give realisation they are supported, to give them a sense that they are part of a community and never alone, the freedom of expression and opportunity for friendship.

Celebrate

We celebrate PRIDE, the LGBT calendar and have themed discussions, activities in current LGBT topics.

What we don't do

We are not a medical service; we cannot provide a diagnosis of any kind.

Accessing the group

To access the group, please use the contact details on this leaflet.

Once a young person makes contact they will receive an induction including an explanation of how the group works and what it can offer. They will be asked if there are any particular issues they may want support with, and if they are receiving any support elsewhere.

Young people will be informed about the venue and planned activities they may take part in. There is no pressure to attend the group or take part in any activity scheduled.