**Awareness days social posts for LGBTQ+ colleagues**

**Please note:** Social media images for each of the awareness day posts below can be downloaded at [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride), listed as ‘Awareness days social posts’ in the Campaign Resources area at the bottom of the web page.

**February: LGBT History Month begins (UK-wide)**

As LGBT History Month starts, let's remember the importance of positive mental wellbeing within the LGBTQ+ community.  By celebrating history, we empower ourselves and others. Let's create a supportive environment where everyone's mental health is valued. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) to access resources for promoting mental wellbeing. #LGBTHistoryMonth #MentalHealthMatters #WestYorkshire

**April: Lesbian Visibility Week**

This #LesbianVisibilityWeek, let's celebrate our diverse voices and prioritise mental wellbeing.🌈 💬🧠 Sharing our stories and experiences can break down barriers and create a more supportive workplace. Reach out, connect, and let’s keep the conversation going. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) #MentalWellbeing #WestYorkshire

**May: International Day Against Homophobia, Biphobia, and Transphobia (IDAHOBIT)**

On International Day Against Homophobia, Biphobia, and Transphobia let's reaffirm our commitment to creating a world where everyone can thrive mentally and emotionally, free from discrimination.  Together, we can combat stigma and promote positive mental health for all. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) #IDAHOBIT #MentalWellbeing #Yorkshire

**June - August: Pride events across different cities in the UK**

Pride is a time of joy and empowerment, but it's also an opportunity to advocate for mental wellness within the LGBTQ+ community.  Let's come together to support each other's mental health journeys and break down barriers to accessing support. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) to find resources for nurturing positive mental wellbeing. #Pride #MentalHealthSupport #Yorkshire

Let’s break the stigma of talking about mental health for everyone. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) to find out more and how you can support your LGBTQ+ friends, family, neighbours, work mates and chosen family.

Together we can normalise mental health conversations, and make sure everyone is included 🏳️‍🌈. Find out how you can Check-in with Pride at [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride).

**July: UK Black Pride**

UK #BlackPride is a time to celebrate and promote positive mental wellbeing. 🏳️‍🌈💬 Let's support each other by sharing our stories and lifting each other up. Your mental health matters! Together, we thrive. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) for support services and resources. #MentalWellbeing #BlackLGBTQ+ #WestYorkshire

**November: Transgender Day of Remembrance (TDOR)**

This Transgender Day of Remembrance, we prioritise the mental wellbeing of our trans community. 💬🏳️‍⚧️ Let's create safe spaces for conversations, support each other, and remember: your voice matters, your mental health matters. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) for support services and resources. #TDOR #TransRights #MentalWellbeing #WestYorkshire 💙💗🤍

**November: Transgender Awareness Week**

Transgender Awareness Week is a time to uplift trans voices and advocate for mental wellness within the transgender community.  Let's foster understanding, acceptance, and access to mental health resources. Together, we can create a world where everyone can thrive mentally and emotionally. Visit [StaffCheck-in.co.uk/pride](http://staffcheck-in.co.uk/pride) to learn more. #TransAwarenessWeek #MentalWellbeing