My own private identity / RS Health Ltd.

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MY OWN PRIVATE ID

REALISING YOU ARE ATTRACTED TO OTHER MEN CAN BE DIFFICULT TO ACCEPT. YOU MAY THINK YOU HAVE NO ONE TO TALK TO ABOUT YOUR FEELINGS.

YOU MAY BELIEVE THAT THE WAY YOU FEEL HAS NOTHING TO DO WITH ANYONE ELSE - ITS "MY OWN PRIVATE IDENTITY". YOU HAVE THE RIGHT TO FEEL GOOD ABOUT YOURSELF.

THE WAY GAY AND BISEXUAL MEN ARE PORTRAYED IN THE MEDIA DOESN'T PROVIDE A TRUE PICTURE OF WHAT IT MEANS TO BE GAY OR BISEXUAL ITS NOT ABOUT FITTING A STEREOTYPE.

GAY AND BISEXUAL MEN COME FROM LOTS OF DIFFERENT BACKGROUNDS AND CULTURES.

YOU CAN BE YOURSELF AND HAVE THE KINDS OF RELATIONSHIPS THAT YOU WANT, WHATEVER YOUR SEXUALITY.

IF YOU WOULD LIKE TO TALK TO SOMEONE IN CONFIDENCE ABOUT THE WAY YOU FEEL, IT MAY HELP TO SPEAK TO A TRAINED HELPLINE OPERATOR. THE HELPLINES BELOW GIVE ADVICE AND INFORMATION. THEY WILL ACCEPT YOU AS YOU ARE WITHOUT JUDGING YOU. National AIDS Helpline 0800 567 123 THT Helpline 0171 242 1010

London Lesbian & Gay Switchboard 0171 837 7324

NRG L & G Youth Group 0171 620 1819

