Your health. Your say.
If you’re a lesbian or bisexual woman or a woman who sleeps with women, have your say in the biggest health survey of its kind in Britain.

Visit www.stonewall.org.uk/health for more information
Prize draw

You also have the option of being entered into a prize draw to win £100. The winner will be selected at random after the survey has closed. To enter, please send a postcard with your name and preferred contact details to Freepost RRBL-GUXU-EJCK, Health Survey, Stonewall, The Tower Building, 11 York Road, London SE1 7NX.

THESE DETAILS WILL NEVER BE USED FOR ANY PURPOSE OTHER THAN THIS PRIZE
Your health. Your say.

If you’re a lesbian or bisexual woman or a woman who sleeps with women, have your say in the biggest health survey of its kind in Britain.

What’s the survey about?

If you’re lesbian, bisexual or simply a woman who sleeps with women, Stonewall would like you to tell us about your health and wellbeing.

Why are we conducting this survey?

Not a lot is known about the health of lesbians and bisexual women. Sometimes the doctors get it right. Sometimes they don’t. The aim of this survey is to ensure that your healthcare needs and experiences will be better understood, rather than ignored. This is the first survey of its kind in the UK - by taking part you’ll be making a real difference.

This survey is for women who identify as lesbian, gay or bisexual and/or women who have sex with women. Trans people who meet these criteria are also invited to complete the survey.

Completing the survey

The survey is completely anonymous and confidential and will take you about 15 minutes to fill out. Some of the questions in the survey are quite personal. We have asked them so that we can fully understand your experiences, so please answer honestly.

If you have any questions, call Ruth on 020 7593 1850 or email health@stonewall.org.uk.

Thank you very much for taking part - your contribution is really valuable.
Background information

1. Which country do you live in?
   □ England
   □ Wales
   □ Scotland
   □ Northern Ireland
   □ Elsewhere ➔ This research is for women living in the UK. If you are not currently living in one of these countries please do not complete this survey.

2. Which local authority do you live in?

   _________________________________________________________________

   The local authority bills you for council tax. If you don’t know your local authority, write in your home postcode or the city /town you live in.

3. Are you ...
   □ Female
   □ Male

4. How do you describe yourself?
   □ Lesbian
   □ Bisexual
   □ Other Please say what: _________________________________

5. Are you a trans person? (Transsexual/transgender)
   □ No
   □ Yes, how do you describe yourself? _________________________________

6. How old are you? _____ years

7. Do you have a female partner at the moment?
   □ No,
   □ Yes, one female partner
   □ Yes, more than one female partner
8. **Do you have a male partner at the moment?**
   - [ ] No,
   - [ ] Yes, one male partner
   - [ ] Yes, more than one male partner

9. **Who do you live with?**
   (Please tick as many as apply)
   - [ ] I live by myself
   - [ ] Female partner
   - [ ] Male partner
   - [ ] Children (how many)________
   - [ ] Other family members,
     - **Who?** ________________________________________
   - [ ] Friends
   - [ ] Shared housing
   - [ ] Other, **Who?** ______________________________________

10. **If you currently live with children are they?**
    (Please tick as many as apply)
    - [ ] Your biological children
    - [ ] Your non-biological children
    - [ ] Your partner’s children (for example, from a previous relationship)
    - [ ] Fostered or adopted child
    - [ ] Other: **please say what**____________________________

11. **How many years of full-time education have you had since the age of 16?**

    - [ ] None
    - [ ] 1 year
    - [ ] 2 years
    - [ ] 3 or 4 years
    - [ ] 5 or more years

12. **Are you employed?** (Please tick as many as apply)
    - [ ] In full-time work
    - [ ] In part-time work
    - [ ] Retired
    - [ ] Unemployed
    - [ ] Student
    - [ ] Long-term sick leave / disabled
13. What is your occupation?

Please tick one box to show which best describes the sort of work you do. (If you are not working now, please tick a box to show what you did in your last job).

PLEASE TICK ONE BOX ONLY

- Modern professional occupations
  such as: teacher - nurse - physiotherapist - social worker - welfare officer - artist - musician - police officer (sergeant or above) - software designer

- Clerical and intermediate occupations
  such as: secretary - personal assistant - clerical worker - office clerk - call centre agent - nursing auxiliary - nursery nurse

- Senior managers or administrators
  (usually responsible for planning, organising and co-ordinating work and for finance) such as: finance manager - chief executive

- Technical and craft occupations
  such as: motor mechanic - fitter - inspector - plumber - printer - tool maker - electrician - gardener - train driver

- Semi-routine manual and service occupations
  such as: postal worker - machine operative - security guard - caretaker - farm worker - catering assistant - receptionist - sales assistant

- Routine manual and service occupations
  such as: HGV driver - van driver - cleaner - porter - packer - sewing machinist - messenger - labourer - waiter / waitress - bar staff

- Middle or junior managers
  such as: office manager - retail manager - bank manager - restaurant manager - warehouse manager - publican

- Traditional professional occupations
  such as: accountant - solicitor - medical practitioner - scientist - civil / mechanical engineer
14. What is your ethnic group?

White
☐ British
☐ Irish
☐ any other White background
→ Please say what:__________________________

Dual Heritage/Mixed
☐ White and Black Caribbean
☐ White and Black African
☐ White and Asian
☐ any other mixed background
→ Please say what:__________________________

Asian or Asian British
☐ Indian
☐ Pakistani
☐ Bangladeshi
☐ any other Asian background
→ Please say what:__________________________

Black or Black British
☐ Caribbean
☐ African
☐ any other Black background
→ Please say what:__________________________

Other ethnic groups
☐ Chinese
☐ any other ethnic group
→ Please say what:__________________________

15. What is the gross household income (before any deductions for Income Tax and National Insurance contributions) that you received in the last year from all sources? (Please tick one)

☐ Less than £5000 per year or less than £96 per week
☐ £5000 – £9999 per year or £96 – £192 per week
☐ £10000 – £14999 per year or £193 – £288 per week
☐ £15000 – £19999 per year or £289 – £385 per week
☐ £20000 – £24999 per year or £386 – £481 per week
☐ £25000 – £29999 per year or £482 – £577 per week
☐ £30000 – £34999 per year or £578 – £673 per week
☐ £35000 – £39999 per year or £674 – £769 per week
☐ £40000 or more per year or £770 or more per week
16. Are you?

- Buddhist
- Christian
- Hindu
- Jewish
- Muslim
- Sikh
- Any other religion Please say what: ___________________
- I do not consider myself religious

17. How much do you weigh?

*Please give your weight in either kilograms, pounds or stones & pounds*

Kilograms ________ or Pounds ________ or Stones & Pounds ________

18. How tall are you?

*Please give your height in metres, centimetres or feet & inches*

Metres ________ or Centimetres ________ or Feet & Inches ________
General health

19. Do you have any disability (e.g. long-term illness or health problem) which limits your activities or the work you can do?
   - No
   - Yes Please say what: ____________________________________________

20. How would you describe your general state of health?
   - Excellent
   - Good
   - Fair
   - Poor

21. In a TYPICAL WEEK, which of the following physical activities would you do to the point where you were BREATHING FASTER THAN USUAL through physical exertion (not including day-to-day walking)?
   (Tick as many as apply).
   - Cycling
   - Exercise (e.g. keep fit, aerobics, weight training)
   - Swimming
   - Running / jogging
   - Sports (e.g. football, tennis)
   - Leisure time walking (e.g. hill walking, golf, rambling)
   - Dancing
   - Heavy gardening
   - Heavy work around the home (e.g. housework)
   - DIY
   - Sex
   - Heavy manual work as part of your job
   - None of these
22. On average, how often do you exercise in a typical week (where you are breathing faster than normal)?

☐ Once per week
☐ Twice per week
☐ Three times per week
☐ Four times per week
☐ Five times per week
☐ Six times per week
☐ Every day

23. On average, how long do you usually exercise on each occasion?

☐ 0 - 14 minutes
☐ 15 - 29 minutes
☐ 30 - 44 minutes
☐ 45 - 59 minutes
☐ 1 hour or more

24. How physically fit would you say you are compared to other women of your age?

☐ Very unfit
☐ Fairly unfit
☐ Average fitness
☐ Fairly fit
☐ Very fit
☐ Don’t know
Sexual History

25. Have you ever been pregnant?
   □ No
   □ Yes

26. How many times have you been pregnant?
   _____ times

27. In the last year, have you had sex with?
   □ Women only
   □ Men only
   □ Both women and men
   □ No one

28. In the last five years, have you had sex with?
   □ Women only
   □ Men only
   □ Both women and men
   □ No one
Health-related behaviour

29. Have you ever had a cervical smear test?
   - No
   - Yes → Please go to question 31

30. Why have you never had a smear test?
    (Please tick as many as apply)
   - I’m too busy
   - I’m scared to have a test
   - I don’t think I’m at risk
   - I’ve been told by a health care worker I don’t need one
   - I’ve been told by someone else I don’t need one
   - A health care worker refused to give me one even though I wanted one
   - Some other reason Say what: ____________

31. When was your last smear test?
   - I have had a smear test in the last 3 years
   - I have had a smear test in the past 3-5 years
   - I had a smear test more than 5 years ago

32. Have you ever been tested for sexually transmitted infections or vaginal conditions?
   - No
   - Yes → Please go to question 34

33. Why have you never been tested for sexually transmitted infections?
    (Please tick as many as apply)
   - I’m too busy
   - I’m scared to have a test
   - I don’t think I’m at risk
   - I’ve been told by a health care worker I don’t need one
   - I’ve been told by someone else I don’t need one
   - A health care worker refused to give me one even though I wanted one
   - Some other reason - Say what: ________________________________
34. Have you ever had a sexually transmitted infection or vaginal condition?
   ☐ No  ☐ Yes

35. If yes, please tick those that apply:
   ☐ Genital warts
   ☐ Genital herpes
   ☐ Trichomonas vaginalis (TV)
   ☐ Chlamydia
   ☐ Pelvic inflammatory disease (PID)
   ☐ Gonorrhoea
   ☐ Hepatitis B
   ☐ Hepatitis C
   ☐ Bacterial vaginosis (BV)
   ☐ Thrush
   ☐ Syphilis
   ☐ HIV

36. Do you check your breasts for lumps or changes?
   (Current health campaigns recommend TLC: Touch, Look, Check.)
   ☐ Yes regularly (every month)
   ☐ Yes sometimes (every few months)
   ☐ No, I don’t currently do it at all

37. Have you ever had a breast screening test?
   (Women over 50 are invited for mammograms every 3 years.)
   ☐ No  ☐ Yes

38. If you have had a mammogram, how many have you had?
   ☐ Just one
   ☐ Two or more, but have stopped having them
   ☐ I have them on a regular basis
39. Have you even been diagnosed with breast cancer?
   □ No
   □ Yes

40. Have you ever had or been told you had eating problems?
   □ No
   □ Yes

41. If yes, what kind of eating problems have you had?
   □ Bulimia or compulsive eating
   □ Anorexia Nervosa
   □ Problems with swallowing
   □ Some other kind of eating problem? (say what)
Experiences of health care

42. In relation to your sexuality, which of the following POSITIVE experiences have you had in a health care setting IN THE LAST YEAR? (tick as many as apply)

☐ The General Practice (GP) has a clear policy on confidentiality
☐ A GP / health care worker acknowledged I was lesbian or bisexual after I had come out to him / her
☐ The GP / health care worker said that my partner was welcome to be present at an appointment / consultation
☐ The GP / health care worker gave me health advice that took account of the fact that I am lesbian or bisexual
☐ I attended a health service for lesbian / bisexual women
☐ My doctor is a lesbian / bisexual woman
☐ The GP surgery was lesbian / bisexual friendly (posters of same sex couples or relevant health promotion materials)
☐ The health care worker did not ask inappropriate questions
☐ The health care worker did not make inappropriate comments
☐ The health care worker provided me with an opportunity to come out
☐ The GP surgery displayed a non–discrimination policy that includes sexual orientation
☐ Other Please say what: _______________________________________________

☐ None of these
43. In relation to your sexuality, which of the following NEGATIVE experiences have you had in a health care setting IN THE LAST YEAR? (tick as many as apply)

☐ The General Practice (GP) environment was not welcoming for me as a lesbian/bisexual woman
☐ A GP/health care worker reacted badly when I came out to him/her
☐ A GP/health care worker ignored it when I came out to him/her
☐ A health care worker asked me inappropriate or intrusive questions
☐ A health care worker assumed that I am heterosexual
☐ The health care worker gave me health advice that took no account of the fact that I am lesbian/bisexual
☐ There was no opportunity to discuss my sexual orientation
☐ I couldn’t come out because it did not feel safe to
☐ Even though I had previously come out, the health care worker still assumed I’m heterosexual
☐ I am not sure what the policy of the General Practice is on confidentiality
☐ I have overheard homophobic comments from health care workers
☐ The reception staff were hostile and unfriendly when they found out I was lesbian/bisexual
☐ Other Please say what:__________________________________________

☐ None of these
Mental health and stress

44. Almost everyone becomes sad, miserable or depressed at times. Have you had a spell of feeling sad, miserable or depressed in the last year?
   □ No
   □ Yes

45. In the last year, have you been able to enjoy or take an interest in things as much as you usually do?
   □ No
   □ Yes

46. In the last year, have you been feeling anxious or nervous?
   □ No
   □ Yes

47. In the last year, did you find your muscles felt tense or that you couldn’t relax?
   □ No
   □ Yes

48. In the last year, have you lost confidence in yourself?
   □ Not at all
   □ No more than usual
   □ Rather more than usual
   □ Much more than usual

49. Have you ever felt that life was not worth living?
   □ No Please go to question 51
   □ Yes

50. When was this?
   □ In the last week
   □ In the last year
   □ At some other time

51. In the last year, have you wished that you were dead?
   □ No
   □ Yes
52. In the last year, have you thought of taking your life, even if you would not really do it?

☐ No
☐ Yes

53. In the last year, have you made an attempt to take your life?

☐ No
☐ Yes

54. In the last year, have you deliberately harmed yourself in any way but not with the intention of killing yourself?

☐ No
☐ Yes

55. What did you do? (tick as many as apply)

☐ Cut yourself
☐ Burn yourself
☐ Swallow pills or objects
☐ Harm yourself some other way – **say what** ___________________________
Smoking, drinking and drugs

56. Have you ever smoked cigarettes?
   - No
   - Yes

57. Do you currently smoke cigarettes?
   - No
   - Yes

58. If yes, about how many cigarettes A DAY do you usually smoke? ______

59. Overall, do you think lesbian and bisexual women drink –
   - Less than heterosexual women
   - About the same as heterosexual women
   - More than heterosexual women
   - Don’t know

60. Do you ever drink alcohol nowadays, (including drinks you brew or make at home)?
    - No
    - Yes

61. On how many days out of the last 7 days did you have an alcoholic drink?
    - 1 day
    - 2 days
    - 3 days
    - 4 days
    - 5 days
    - 6 days
    - 7 days
62. On an average drinking day in the last 7 days, how much alcohol did you drink of the following types?

- Normal strength beer  ______ pints
- Strong beer (6%+ ABV)  ______ pints
- Wine  ______ glasses
- Spirits  ______ measures
- Fortified wines  ______ glasses
- Alcopops  ______ bottles

63. In the last year, how often (on average) have you used each of the following drugs?

<table>
<thead>
<tr>
<th>Drug</th>
<th>once a week</th>
<th>once or twice a month</th>
<th>less than once a month</th>
<th>not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana / cannabis / grass</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ecstasy / E</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>LSD / acid</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Speed / amphetamine</td>
<td></td>
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<tr>
<td>Crystal methamphetamine / tina</td>
<td></td>
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</tr>
<tr>
<td>Cocaine / coke</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crack cocaine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketamine / K</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>GHB</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Heroin</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Poppers / amyl nitrate</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Viagra / Cialis / Kamagra / Leveitra</td>
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<td></td>
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<tr>
<td>Tranquillisers / benzodiazepines</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other(s)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

→Please say what: -----------------------------------------------
Community and social life

64. In the last year, have you personally done any of the following (tick as many as apply):

☐ Talked to other people in your area about a problem
☐ Notified the court or police about a problem
☐ Made a donation of money or in-kind services
☐ Volunteered for a charitable organisation
☐ Voted in elections
☐ Taken part in a Trade Union
☐ Made a personal contact with an influential person
☐ Made newspapers, radio or TV interested in a problem
☐ Written to newspapers, radio or TV about a problem
☐ Complained about something
☐ Actively participated in an information campaign
☐ Taken part in a protest march or demonstration
☐ Contacted your elected representative
☐ Taken part in a sit-in or disruption of government meetings / offices

☐ None of the above

65. How often do you go to lesbian/bisexual only or mostly lesbian/bisexual social events (e.g. clubbing, gig, comedy, film, party, pubs or bars, leisure or social group)?

☐ Twice or more per week
☐ Once a week
☐ Once or twice a month
☐ A few times a year
☐ Less often
☐ Never

66. How often do you go to mostly straight (heterosexual) social events (e.g. clubbing, gig, comedy, film, party, pubs or bars, leisure or social group)?

☐ Twice or more per week
☐ Once a week
☐ Once or twice a month
☐ A few times a year
☐ Less often
☐ Never
67. What proportion of people knows you are lesbian or bisexual?

<table>
<thead>
<tr>
<th></th>
<th>All or almost all</th>
<th>More than half</th>
<th>About half</th>
<th>Less than half</th>
<th>Few or none</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Friends</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Work colleagues</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Manager</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>GP or health care professional</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
Experiences of domestic violence

68. Thinking about ANY relationships you have had with WOMEN since you were 16, has anybody ever done any of the following things to you? (Tick as many as apply).

- I have never been in a relationship with a woman

- Prevented you from having your fair share of the household money
- Stopped you from seeing friends and relatives
- Repeatedly belittled you to the extent that you felt worthless
- Frightened you, by threatening to hurt you or someone close to you
- Pushed you, held you down or slapped you
- Kicked, bit, or hit you with a fist or something else, or threw something at you
- Choked or tried to strangle you
- Threatened you with a weapon, for example a stick or a knife
- Threatened to kill you
- Used a weapon against you, for example a stick or a knife
- Used some other kind of force against you
- Continued to abuse you after separation
- Used your sexual identity against you
- Forced you to have unwanted sex

- Don’t wish to answer
- None of these
69. Thinking about ANY relationships you have had with MEN since you were 16, has anybody ever done any of the following things to you? (Tick as many as apply).

- [ ] I have never been in a relationship with a man
- [ ] Prevented you from having your fair share of the household money
- [ ] Stopped you from seeing friends and relatives
- [ ] Repeatedly belittled you to the extent that you felt worthless
- [ ] Frightened you, by threatening to hurt you or someone close to you
- [ ] Pushed you, held you down or slapped you
- [ ] Kicked, bit, or hit you with a fist or something else, or threw something at you
- [ ] Choked or tried to strangle you
- [ ] Threatened you with a weapon, for example a stick or a knife
- [ ] Threatened to kill you
- [ ] Used a weapon against you, for example a stick or a knife
- [ ] Used some other kind of force against you
- [ ] Continued to abuse you after separation
- [ ] Used your sexual identity against you
- [ ] Forced you to have unwanted sex

- [ ] Don’t wish to answer
- [ ] None of these

70. Have you ever experienced any domestic violence within a relationship?

- [ ] No
- [ ] Yes

71. Thinking about your last relationship where you experienced domestic violence, over what length of time did the domestic violence occur? (Please write in number of days, months and / or years)

_________________ days ___________________ months ___________________ years
72. Was this with a woman?
   - [ ] No
   - [ ] Yes

73. Have you reported any of these experiences to the police?
   - [ ] No, never
   - [ ] Yes, I reported it once
   - [ ] Yes, I reported it more than once

74. (If yes) Were you happy with how they dealt with the situation?
   - [ ] No
   - [ ] Yes
Experiences of discrimination

75. In the last year, have you experienced discrimination BECAUSE OF YOUR SEXUAL ORIENTATION in relation to...
(Tick as many as apply)

- Housing and living conditions
- Hotels and bed and breakfasts
- Using bars or restaurants
- Shopping
- Dealing with trades-people and business services
- Using public transport and taxis
- Skills, training and job opportunities
- Access to information about health and social services
- Dealing with health care workers
- Using alcohol and drug treatment services
- Using mental health services
- Using GP services
- Using hospital services
- Using relationship guidance services
- Immigration or partner’s immigration
- Looking after children
- Children’s schooling
- Other family relationships
- Friendships
- Workmates and colleagues
- Strangers in public
- Other Please say where: __________________________

- None of the above

76. Do you think there is generally more homophobia (prejudice against lesbians and bisexual women) in Britain now than there was 5 years ago?

- No, less now
- About the same
- Yes, more now
77. Are there any experiences you want to let us know about that have not been asked in the survey?

78. Do you have any suggestions about how health care for lesbians and bisexual women could be improved?

79. Have you filled in this survey already?

☐ No
☐ Yes

Thanks for taking part.
Please remember to seal and post this booklet.
Further information

**Smear tests**

All women between the ages of 25 and 65 are entitled to receive regular smear tests – this includes all lesbians and bisexual women. It is against the law to refuse a woman a smear test on the grounds of her sexual orientation. It is estimated that screening for cervical cancer using the smear test saves up to 6,000 lives a year in the UK.

For more information visit www.cancerscreening.nhs.uk/cervical or call Cancerbackup on 0808 800 1234.

**STI testing**

Lesbians and bisexual women can and do catch sexually transmitted infections (STI), including Thrush, BV, Chlamydia and Syphilis. At most GUM clinics you can make an appointment for a general check up, which also include tests for a range of sexually transmitted infections. Find your nearest clinic by calling NHS Direct on 0845 4647. It is against the law to refuse someone STI testing on the grounds of their sexual orientation.

Further information on STIs is at http://www.avert.org/lesbiansafesex.htm

**Breast checking**

Early detection of breast cancer can save your life. Cancer Research recommends that you check your breasts regularly and report any changes (such as lumps, redness or discharge) to your doctor without delay. Women aged 50 and over should go for breast screening. Smoking and poor diet increase the risk of getting breast cancer.

Confidential advice, support and information are available from Breast Cancer Care:

Helpline: 0808 800 6000
Website: www.breastcancercare.org.uk
How to complain if you are treated badly by a healthcare professional

It is against the law for healthcare professionals to treat you differently or unfairly because of your sexual orientation. If this has happened to you, you have the right to complain.

**Step 1:** You can complain to the manager of the organisation where the healthcare professional treated you badly – for example, the Practice Manager of a doctor’s surgery.

**Step 2:** if this does not resolve your complaint, you can contact the Healthcare Commission www.healthcarecommission.org.uk / complaints@healthcarecommission.org.uk / 0845 601 3012

**Step 3:** if you are still not satisfied, you can contact the Health Service Ombudsman www.ombudsman.org.uk / OHSC.Enquiries@ombudsman.gsi.gov.uk / 0845 015 4033

**Step 4:** If you think your doctor is not fit to practice, you can contact the General Medical Council practise@gmc-uk.org / 0845 357 0022

Smoking

Smoking, drug taking and excessive alcohol consumption can all have negative consequences on health.

The NHS Smokefree Campaign has numerous resources and tips to help quit smoking. QUIT is a charity that offers free advice and runs a free helpline.

www.gosmokefree.co.uk / 0800 169 0169
www.quit.org.uk / 0800 00 22 00

Drugs

**Drugscope, Addaction** and **Frank** offer information about drugs and where to seek advice if you are concerned by your drug taking.

www.drugscope.org.uk / 08707 743 682
www.talktofrank.com / 0800 776600

Drinking

For information about the effects of excessive drinking contact NHS Direct – www.nhsdirect.nhs.uk 0845 4647
Mental Health and Suicide

Many lesbians and bisexual women face some form of mental illness in their lives. There are many sources of support and advice to help people concerned about their mental health.

Generic mental health helplines such as The Samaritans (08457 90 90 90), Saneline (0845 767 8000) and Mind Info Line (0845 766 0163), are best to contact in the first instance. They are able to offer support and advice, and refer you onto organisations that can help you with any specific mental health needs.

www.samaritans.org.uk
www.sane.org.uk
www.mind.org.uk/About+Mind/Mindinfo/line/index.htm

For a list of organisations that may be able to help please visit our website.
www.stonewall.org.uk/information_bank/health/1289.asp%2314

Eating disorders

If you are concerned about eating disorders, including anorexia, bulimia and over-eating, then contact the Eating Disorders Association for confidential advice, information and support:

Website: www.edauk.com
Email: help@b-eat.co.uk
Helpline: 0845 634 1414

Goods and Services

From April 30th 2007, anyone who provides goods or services to the public can no longer refuse them to anyone on the grounds of their sexual orientation. The new laws bring the protections of lesbian, gay and bisexual people into line with those in place on religion and belief, gender, disability and race. Provisions are expected to be inserted in the Sex Discrimination Act in December 2007 which will extend similar protection to trans people.

Stonewall has produced a short and simple guide – ‘The Colour of Your Money’ which will answer all your questions about the new regulations. To obtain a copy call 020 7593 1850 or visit www.stonewall.org.uk.