

In my short manifesto, I would like to talk about some experiences myself. I was marginalised due to my mental illness; I was bipolar. It was definitely a dark period for me when I found I couldn't live like a normal person; I couldn't do anything when my illness struck. So I know how important it is to get support, help, and respect when caught in an emotional abyss. I am lucky enough because I got much support then, and now I am almost recovering. I think it's time for me to do sth for other people who are also struggling with self-identified, equality and liberation, which can amplify the voices of LGBT+, make them accepted and understood, and also care about their mental health to make them feel supported and feel a sense of belonging.