



LGB&T mental health project



## MINDOUT AND SWITCHBOARD PARTNERSHIP PROJECT

**MindOut**, LGBT Mental Health Project, and **Brighton & Hove LGBT Switchboard** are delighted to announce funding for a partnership project starting soon. We were successful in a bid to NHS commissioners for local community mental health initiatives. Starting from April we will be setting up the services outlined below, which will run alongside Switchboard's helpline service which currently offers mental health support.

The primary aim of the project is to offer ways to prevent social isolation. Loneliness is a massive cause of mental distress and far more prevalent in LGB&T communities in Brighton & Hove than most of us realise.

The service will offer two new initiatives:

### PEER MENTORING

**Peer Mentoring** offers one to one support to people who have lived experience of mental health issues. Trained mentors will help people to:

- Explore and identify personal goals
- Offer support with activities to meet those goals
- Improve and maintain good mental health and wellbeing

The service will be delivered by trained volunteers who will act as peer mentors, many of whom will have personal experience of mental health issues. Peer mentors will be able to draw on their own experiences of mental health problems and recovery to positively support mentees with their personal goals and explore ways to improve and maintain wellbeing. Peer mentors and mentees may be matched with similar experiences, interests, identities, skills etc depending on what is important to the mentee. Each mentor/mentee match is time limited with clear, agreed goals.

Mentoring can be about supporting people to access training, develop social outlets and opportunities, go to cultural events, join classes etc, all the activities which can help mental wellbeing and help us to develop our mental resilience. These could range from meeting for coffee through to preparing for a job interview.

### ONLINE SUPPORT

MindOut will also be providing a daily online chat service. This will be delivered by trained volunteers.

The online chat facility will provide:

- Out-of-hours support
- Advice and information
- Signposting to other services

The daily online chat service will be provided during the evening. This service will be anonymous, by offering an accessible, confidential, impartial contact to complement the telephone support currently offered by Switchboard.

### VOLUNTEERS NEEDED

We are recruiting volunteers to work on either or both parts of the Peer Mentoring project. If you have ever considered volunteering for MindOut, now is the time. We need people who can offer at least three hours a week, for at least six months. You could offer to be a mentor one-to-one and/or to respond to contacts online. Full training and support will be provided. Please do contact us to find out more.

### INFORMATION

For further information and an application form please contact:  
**info@mindout.org.uk** or **01273 234 839**

This service supports people with mental health needs to explore what they wish to achieve in their lives, providing practical advice and support to help them work toward their goals. Volunteers are trained as mentors and are supported to reflect on their own recovery and how their experiences can positively influence the support they give to mentees. Each mentor/mentee match is time-focused with the aim to reach agreed goals.