

**What Volunteers Can Expect From MindOut**

* Training in LGB&T mental health
* Regular supervision meetings
* One to one support and supervision on request
* Annual appraisal meetings
* Out of pocket travel expenses
* A reference following a three month work period
* Access to further work related training
* Support with career development
* Input into developing MindOut services and the volunteer team
* Specialist LGBT mental health mentoring, support and guidance from the MindOut team