

**Advocacy Enquiry Form**

MindOut’s Lesbian, Gay, Bi, Trans and Queer mental health advocacy service is run by and for LGBTQ people and is free, confidential, non-judgemental and independent from other services and professionals.

A MindOut advocate can:

* listen to any concerns you have about your mental health or wellbeing
* talk with you about any issues related to your LGBTQ identity
* help you to have your voice heard on issues that are important to you
* help you to defend and safeguard your rights
* help you to have your views and wishes considered when decisions are being made about your life

To speak to one of our advocates, please let us know:

Your name ……………………………………………………………………………………………...

Your preferred pronoun …………………………………………………………………………………

Your contact details …………………………………………………………………………………….

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Have you used the MindOut Advocacy service before? Yes / No

Do you have any information or communication needs (for example, relating to disability or sensory loss)? If so, what are they? ...................................................................................................................................................................................................................................................................................................................................................................................................................................................................................

Please send this form by email to: [info@mindout.org.uk](mailto:info@mindout.org.uk) or directly to one of our advocates:

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| Emma Crossland, Urgent Need Advocate  **Emma.crossland@mindout.org.uk**  Phil Brooke, Mental Health Advocate  **Phil.brooke@mindout.org.uk**  Maeve Devine, Trans Advocate  **Maeve.devine@mindout.org.uk** | Ellis Johnson, Housing Advocacy  **Ellis.johnson@mindout.org.uk**  Liam O’Hare, Young Person’s Advocacy  **liamohare@allsortsyouth.org.uk** |

If you prefer, you can print and post this form to MindOut, Community Base, 113 Queens Road, Brighton. BN1 3XG

You can also get in touch with an advocate: by telephone **01273 234 839** or via our out of ours online support service through our website **www.mindout.org.uk**