



**What does MindOut  
do?**



## What does MindOut do?

MindOut gives **mental health support** for:



**Lesbians**

**Gay people**



**Bisexuals**

**Transgender people**



**Queer People**

“Queer” is a word some people use to mean anyone who isn’t straight or heterosexual.

Some people use it to describe their gender also.



All the staff and volunteers at Mindout are lesbian, gay, bisexual, transgender or queer.



All our services are **free**.

## How Mindout can help you:



Give you **advice and information** to help you plan.

### **Get an Advocate.**



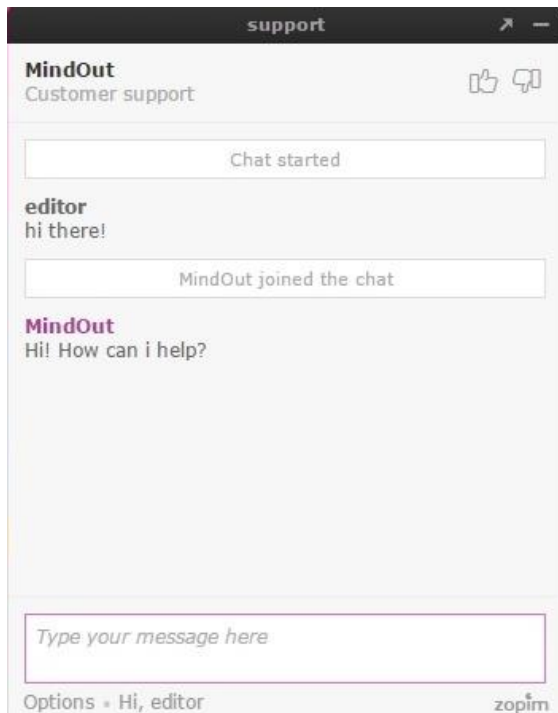
An advocate is someone who helps you to speak up for yourself.

They can also speak up for you if you find it hard to do this yourself.

An advocate listens to you.

They can help you make **complaints**.

They can help you get the service you want.



## Talking to someone online

On the MindOut website you can “talk” to someone one-to-one by typing.

They can offer advice, or just listen.

Go to:

[www.mindout.org.uk](http://www.mindout.org.uk)



## Join a Support group

MindOut has safe and supportive groups.

This is a place where all LGBTQ people can share their feelings and problems.

## Peer Mentoring



A peer mentor is someone who is similar to you and can help you do things you don't want to do alone.

This might be to go to cafes or pubs, or join a club.



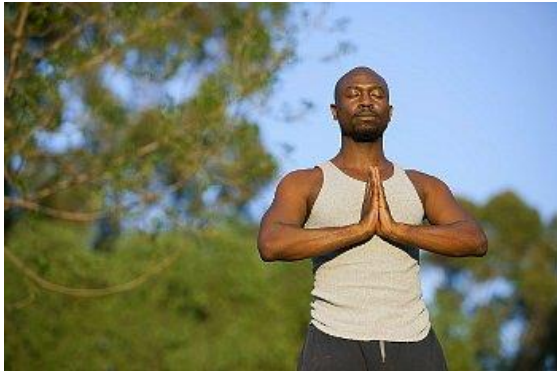
Having a peer mentor can help you **build confidence** and become more **social**.

## Wellbeing



We run wellbeing courses to help you feel good

- Sleep
- Confidence building
- Self-esteem
- Mindfulness
- Managing stress



We also run wellbeing workshops for **Black, Asian and Minority Ethnic people.**



MindOut has an **allotment** where volunteers can grow fruit and vegetables.

## The MindOut team:



Helen Jones: Director



Jason Saw: Team Leader



Phil Brooke: Advocate



Simon Campbell: Peer Mentoring Co-ordinator, Group Worker and Wellbeing Practitioner



Amanda Bristow: Group facilitator



Silvio Grasso: Fundraiser



Edward Whelan: Administrator



Sebastian Sandys: Allotment Coordinator



# Ways to contact us:



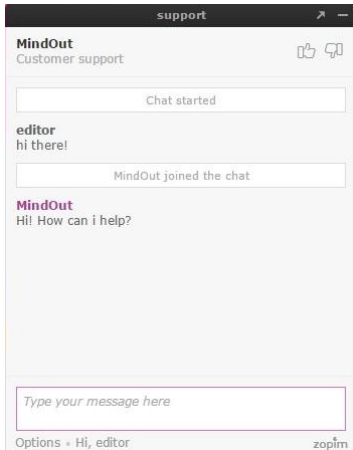
You can email us:

[info@mindout.org.uk](mailto:info@mindout.org.uk)



You can ring MindOut on

01273 234 839



You can talk to us in the evenings online through our **Online Chat** service



You can visit our website:

[www.mindout.org.uk](http://www.mindout.org.uk)

## Where we are:



MindOut is in  
Community Base:  
113 Queens Road  
Brighton  
BN1 3XG

You will need an  
appointment if you want  
to see us.

**If you need further help understanding our  
leaflet or accessing MindOut, please let us  
know**