

WORK IT OUT

Juggling work and your mental health

Many people deal with anxiety, depression and stress at work. Join our friendly, supportive group for Lesbians, Gay, Bisexual and Trans people to talk about your experiences, talk about how you manage and find out what can help.



MindOut groups are facilitated by experienced LGBT&T group workers, are confidential, non-judgemental and free.

For more information email info@mindout.org.uk
or phone **01273 234 839**
or see www.mindout.org.uk