

# Online Chat Instant Live Support

run by and for LGB&T people  
with experience of mental health issues



Chat when  
you are ready,  
wherever  
you are

We are open  
evenings  
and some  
weekends



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

One-To-One,  
Confidential, Free



LGB&T mental health project

Registered charity number: 1140098