

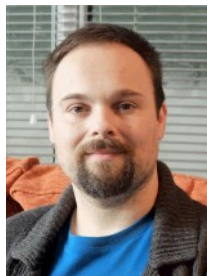
Responding to Suicidal Distress/ Suicide Prevention in LGBTQ Communities

Wednesday 22nd July 2pm - 4pm

LGBTQ communities have high rates of suicidal distress, which will affect many of the people we work with. This course will consider risk factors and warning signs, how to talk about suicidal distress, safe planning and safeguarding. We will address our own needs for self-care around this emotive topic.

Learning Outcomes

- Understanding of degree and severity of suicidal distress in LGBTQ communities
- Confidence to recognise and acknowledge suicidal distress
- Identify pathways for signposting and safeguarding appropriate to our role



The Trainer

Darren Flint (he/she/they) joined the team in September 2016. He works as a general Administrator for the charity and also supports the work of the Counselling service.

Darren is an active member of Brighton's queer communities. Alongside his roles for MindOut, Darren works as a Consultant at a busy local therapy clinic. He also runs Counselling Intentions, a private counselling practice specialising in LGBTQ client work.

These sessions are open to anyone working or volunteering in the LGBT VCSE sector. There are 20 places available per workshop. Individuals can email: e.streeter@nhs.net to book onto a course (first and second choice). If for any reason you have to cancel please let us know in advance so we can offer the space to another person.

Boundaries and Safe Working in LGBTQ Communities

Wednesday 29th July 2pm - 4pm

Those of us working and volunteering in our communities often face dilemmas and difficult situations with our professional and personal boundaries. How do we manage to work safely within our small and close-knit communities and in the context of enduring minority stress?

This workshop will offer a confidential, creative and supportive space to explore the issues, share good practice and learn from each other.

Learning Outcomes

- Identify the professional and personal boundary challenges specific to our work
- Identify key conditions for working safely within LGBTQ communities
- Develop personal objectives to ensure we maintain positive boundaries for ourselves and our clients

Participants will need pens and paper to complete the exercises given.



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This workshop is an introduction to mental health for LGBTQ workers and volunteers with no formal experience in the mental health field.

We will cover what is meant by 'mental health' and related terminology, social stigma and self stigma and affirmative recovery based approaches.

LGBT communities have higher rates of mental health issues than the rest of the population, we will cover what we know about LGBTQ mental health experience and why.

Learning Outcomes

- Greater understanding of LGBTQ mental health
- Increased knowledge and skills in responding to mental health needs
- Compare 'recovery' and 'medical' models of care
- Practice using recovery focused language



The Trainer

Chris Barker (he/him) has worked as a trainer over the past six years. His experience includes working for The Institute of Mental Health to support organisations such as the NHS and Police to recruit and train peer support workers.

Chris joined the MindOut team in January 2020 and facilitates LGBTQ+ peer support groups, with a focus on suicide prevention.

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Mindfulness Practices for Self-Care

Thursday 13th August 3pm - 5pm

In this interactive workshop we will take some much needed time out to look at what self-care is, why we need it and how we can use it to support our mental, emotional and physical health.

We will explore a range of accessible practices, such as chair yoga, mindfulness, guided body relaxation (Yoga Nidra) and short meditations. We will look at how we can successfully incorporate exercise, mindfulness and relaxation practices into our busy lives.

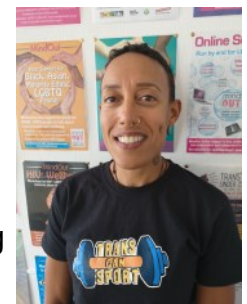
Learning Outcomes

- Explore the importance of self-care to balance work and life.
- Learn a range of techniques to increase our self-care, which will allow us to look after our mental health and wellbeing.
- We will also create a simple plan for embedding these practices into our daily lives to bolster our wellbeing for the future.

Participants are asked to be in a quiet, confidential space with a comfortable chair. You can also lie down for some of the practices or use a yoga mat if you have one. Please wear comfortable loose clothes and allow a 2 hour gap after a light meal, or 4 hours after a heavy meal (unless you have a medical condition). Josetta takes a trauma informed approach to teaching, all practices are optional, accessible and aimed at all levels of experience. Some mindfulness techniques can trigger trauma or be otherwise difficult, please take responsibility for your physical and emotional wellbeing. As with any new exercise, consult a GP where necessary if you have any health conditions.

The Trainer

Josetta Malcolm (they/their) is the Senior LGBTQ Mental Health Advocate at MindOut. They manage a busy work life and their own mental health issues through extensive use of self-care practices. Alongside a charity sector career in mental health, they have taught yoga and relaxation techniques, including in secure mental health settings and to numerous LGBTQ/Trans and Non-binary groups and individuals. They have been teaching yoga and relaxation for over 10 years and practicing for nearly 20.



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