

# LGBTQ COUNSELLING SERVICE



## WHAT CAN I TALK ABOUT AT COUNSELLING?

You can talk about anything that is troubling you, regardless of whether it is connected to your LGBTQ identity. We offer a safe, confidential and non-judgemental place to talk to a counsellor.

To find out more: please contact our Coordinator, George on **01273 234800** or [george.tidey@mindout.org.uk](mailto:george.tidey@mindout.org.uk)

## ABOUT THE COUNSELLING SERVICE

MindOut's counselling service is run by and for LGBTQ people. All our counsellors identify as LGBTQ. Counsellors are either qualified or training on Post Graduate level counselling courses. All are registered with professional counselling bodies which ensures their commitment to working safely and ethically with you.

## HOW MANY SESSIONS DO I GET AND HOW MUCH DOES IT COST?

You will receive twelve 50-minute weekly sessions with your counsellor. We ask for a weekly payment based on your income and what you can afford.

## DOES COUNSELLING HELP?

Counselling offers a safe space in which you can explore what's troubling you, increase your self-awareness, reflect on your circumstances, your relationships and your choices. Our counsellors will aim to build a safe and trusting therapeutic relationship with you.

Some of our clients have said:

"I FEEL BETTER ABOUT MY FUTURE"

"IT HAS BEEN ENLIGHTENING & CLARIFYING"

"I AM FEELING BETTER ABOUT MYSELF"

"THIS HAS BEEN VERY HELPFUL"

## HOW CAN I APPLY AND WHAT HAPPENS NEXT?

To apply for counselling you can:

- Download an application form from [www.mindout.org.uk/get-support/counselling/](http://www.mindout.org.uk/get-support/counselling/)
- Email [counselling@mindout.org.uk](mailto:counselling@mindout.org.uk) for a copy which can be emailed or posted to you.
- Alternatively you can call **01273 234800**.

Please let us know if you need help completing the form.

Once you have made your application the Coordinator will get in touch to make an appointment. The Coordinator will then match you with a suitable counsellor as soon as possible.

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LGBTQ mental health service

# OUR SERVICES

MindOut services exist to improve the mental health and wellbeing of lesbian, gay, bi-sexual, trans and queer (LGBTQ) people. Our services aim to empower LGBTQ people with experience of mental health issues, help them gain control of their lives, reduce hardship and social isolation and improve wellbeing and resilience. All our workers are out LGBTQ mental health professionals.



## MINDOUT SERVICES

- Advocacy – helping people to have a voice, support when in crisis and to ensure that they know their rights. MindOut's specialist advocacy services include Urgent Need advocacy, housing and trans advocacy.
- Suicide prevention services include counselling, advice and information, advocacy and online support, as well as our flagship suicide prevention group Out of the Blue.
- A peer mentoring service matching LGBTQ volunteers with experience of mental health issues with isolated and vulnerable service users.
- A national online chat service which is open out of hours every day – anyone, anywhere can access this support.

## GET IN TOUCH

If you would like to find out more about what we offer or to make an appointment, then contact us at:

Community Base,  
113 Queens Road,  
Brighton BN1 3XG

Tel: **01273 234 839**  
(confidential answerphone)

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

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

[WWW.MINDOUT.ORG.UK](http://WWW.MINDOUT.ORG.UK)

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