

# ABOUT MINDOUT

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people.

We work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern.

We recognise that our communities are wonderfully diverse and welcome all LGBTQ+ people including those who identify as asexual, aromantic, pansexual, non-binary, genderqueer, genderfluid and intersex.

Our services are also available to those who may not identify under the LGBTQ umbrella including straight people who have sexual and/or romantic relationships with LGBTQ people, men who have sex with men, women who have sex with women, people who previously identified as LGBTQ and those who are questioning their sexual and/or gender identities. If you are unsure, please do get in touch with us.

Our services are for LGBTQ people aged 18+.

## Get in touch

01273 234839

Community Base, 113 Queens Road  
Brighton BN1 3XG

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

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**LGBTQ mental health service**



**WELLBEING WORKSHOPS  
AND EVENTS**

**MAY - OCTOBER 2022**

## MAY

11th: Arts and Crafts Social (in-person event)

3 - 4.30 pm

25th: LGBTQ+ Self Advocacy (online workshop)

2.30 - 4.30 pm

## JUNE

8th: Arts and Crafts Social (in-person event)

3 - 4.30 pm

15th: Living Well on a Low Income (in-person workshop)

2.30 - 4.30 pm

21st: Supporting a Suicidal Friend (online workshop)

5.30 - 7 pm

## JULY

6th: Arts and Crafts Social (in-person event)

3 - 4.30 pm

13th: Coming Out (in-person workshop)

2.30 - 4.30 pm

## AUGUST

10th: Arts and Crafts Social (in-person event)

3 - 4.30 pm

16th: Change and Resilience (online workshop)

2.30 - 4.30 pm



Workshops are a mixture of in-person and online.

Please email [info@mindout.org.uk](mailto:info@mindout.org.uk) or call us on 01273 234839 if you are interested in joining a workshop or social.

## SEPTEMBER

7th: Arts and Crafts Social (in-person event)

3 - 4.30 pm

14th: Sleep Matters (in-person workshop)

2.30 - 4.30 pm

27th: Intrusive Thoughts (in-person workshop)

2.30 - 4 pm

## OCTOBER

5th: Covid and Mental Health (online workshop)

2.30 - 4.30 pm

12th: Arts and Crafts Social (in-person event)

3 - 4.30 pm

18th: Ageism (in-person workshop)

2.30 - 4 pm

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