









## Winter Appeal









LGBTQ mental health service

### Why we're needed



Having mental health issues can be one of the most debilitating and frightening experiences you can have. Sometimes it's hard to get out of bed, let alone hold down a job, a relationship or a home.

You may feel alone and afraid, others find it hard to understand and many actively discriminate against you; and for some of us it all gets too distressing and we think about ending our lives.

It's hard to deal with mental health issues – but can be even harder if you're facing discrimination because you're lesbian, gay, bisexual, trans or queer as well.

#### The stats

- Half of LGBTQ+ people (52%) said they've experienced depression in the last year.
- One in eight LGBTQ+ people aged 18-24
  (13%) said they've attempted to take
  their own life in the last year.
- Almost half of trans people (46%) have thought about taking their own life in the last year and 31% of LGB people who aren't trans said the same.

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

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

We offer a range of services including peer support groups, peer mentoring, advocacy, online support, counselling, workshops and befriending.

# The reality of Christmas for our service users

Winter and the lead up to Christmas can be a particularly difficult time for our community.

LGBTQ people are faced with additional challenges to their mental health including:

- Social Isolation and Ioneliness
- Family issues
- Relationship breakdowns
- Grief and loss
- Financial stress

For winter, we will stay open to support you over the Christmas and the New Year holiday.

We know this is a vulnerable time for LGBTQ communities.

We rely on the generosity of people that believe in our mission to support LGBTQ people with mental health challenges and wellbeing.

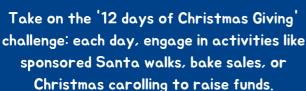
Please join us in this work.

#mindoutforwinter

### How you can help

Bring the spirit of giving to your workplace this Christmas!
Organise a festive fundraiser and support MindOut by raising
more together. The possibilities are endless.









Give the gift of kindness this Christmas: dedicate a donation to MindOut in honour of your loved ones, or your secret Santa gift...



Host a festive fundraiser, hold a gingerbread house decorating contest or a Christmas jumper runway day.



Host a private Christmas dinner and raise funds with a silent auction or raffle.



Party with purpose; ticket your staff Christmas party to donate to MindOut. Does your company match fund?





Donate via Payroll Giving or create your own Just Giving fundraising page to share with your friends online!

#mindoutforwinter

### Your impact

Your donation isn't just money; It's a lifeline



£100	would fund 5 counselling sessions for individuals
£250	would pay for a weekly peer support group
£500	pays for our counsellors to receive monthly clinical supervision and specialist support
£1000	would support the recruitment and support of a volunteer for 12 months
£5000	pay for our a befriending relationship for 12 months
£10000	would pay to recruit and train 10 online chat support volunteers

### How to donate

To set up your own Just Giving page: www.justgiving.com/campaign/mindoutwinterappeal

To make a donation through our website, head to www.mindout.org.uk/winterappeal

To make a direct payment, or talk to us about anything else, email:



fundraising@mindout.org.uk

