



mind  
**OUT**

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.

Stonewall, 2018

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 and are often faced with additional challenges to their mental health including:

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

To meet ongoing demand we are opening 2 additional peer group sessions per week in the lead up to Christmas and extra services between Christmas and New Year when we know service users are at their most vulnerable.

We rely on the generosity of people that believe in our mission to operate our services, and we trust that there are lots of people that want to see our organisation thrive.

Without you, our vital work would not be possible.

MindOut winter appeal

# 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.



**Take on the '12 days of Christmas Giving' challenge: each day, engage in activities like sponsored Santa walks, bake sales, or Christmas carolling to raise funds.**



**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, whether it's a gingerbread house 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**

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# Your impact

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



**£100**

would fund 4 counselling sessions for individuals

**£250**

would pay for a week of peer support and befriending service

**£500**

pays for our counsellors to access specialist support and supervision

**£1000**

would fund 25 counselling sessions for individuals

**£5000**

would pay our peer support groups for LGBTQ+ people over 50 for a year

**£10000**

would pay for 500 counselling sessions

## How to donate

To set up your own Just Giving page, head to:  
[justgiving.com/mindoutwinterappeal](https://justgiving.com/mindoutwinterappeal)

To make a donation through our website, head to  
[mindout.org.uk/winterappeal](https://mindout.org.uk/winterappeal)

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

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

MindOut is a registered charity regulated by the Charity Commission (Charity no: 1140098).  
Registered address: 113 Queens Rd, Brighton, BN1 3XG. [www.mindout.org.uk](https://www.mindout.org.uk)

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