

LGBTQ Mental Health ADVOCACY

MindOut is run by and for LGBTQ people

MindOut workers are all lesbian, gay, bisexual, transgender, queer and non-binary mental health professionals.

Our services are:

- Free
- Confidential
- Independent
- Non judgemental
- Empowering
- Led by the client



LGBTQ mental health service

Registered charity number: 1140098

Get in touch

If you would like to find out more about what we offer, or if you think someone you know might benefit, or if you would like to tell us about your own experiences, then please do contact us:

Telephone: 0300 7729855

Email: info@mindout.org.uk

Website: www.mindout.org.uk



Young People Advocacy
in partnership with
Allsorts Youth Project



If you or anyone you know, would like this leaflet in large print, on tape, in braille or translated, please let us know

Our work is funded by:



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LGBTQ
Mental Health
Advocacy
Services



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MindOut advocacy services are welcoming, affirmative and supportive of all LGBTQ people

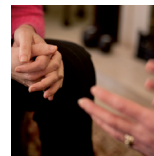
MindOut offers a unique, professional and independent advocacy service run by and for LGBTQ people with lived experience of mental health issues.

An advocate can help you to:

- Think about how to look after your mental health and wellbeing
- Express your views and concerns
- Explore options and make decisions
- Have your voice heard on issues that are important to you
- Defend and safeguard your rights
- Improve your access to services and information
- Feel more empowered and in control of your life
- Prioritise any issues, concerns or problems
- Negotiate with service providers
- Write letters, fill out forms and make calls
- Attend meetings and appointments
- Speak up, be heard or if need be, represent you
- Make complaints

Our advocacy services include:

Mental Health Advocacy for LGBTQ people with concerns about: accessing mental health services, speaking to GPs and other health professionals, getting or challenging a diagnosis, medication and treatment options, referral systems, waiting times, making complaints.



Urgent Need Advocacy for LGBTQ people experiencing economic crisis or disadvantage which may include financial hardship, homelessness, food and fuel poverty. The service offers food and toiletries, support to access: shelter, hot meals, emergency accommodation, debt advice and welfare rights. We also offer support to prevent urgent need.



Housing Advocacy supports LGBTQ people with concerns about housing or homelessness. These may include: tenancy, housing maintenance issues, eviction, neighbour disputes, neighbour harassment, insecure housing, poor living conditions and welfare rights.



Trans Advocacy is provided by trans workers for anyone wanting support in relation to gender identity and gender expression. We can help with trans care pathways and issues relating to social transition e.g health care, mental health support, community safety, transphobia, hate crime, housing and employment.



Young People's Advocacy is for LGBTQ people aged 16–25 and is run in partnership with Allsorts Youth Project. We support young people to have a voice and know their rights. Advocacy can help with school, college, university or training issues, housing, employment and career problems, mental health, 'coming out', money, debt and welfare rights.

Online Advocacy gives you instant access to an advocate online. You can remain anonymous if you prefer. To find out when our advocates are next online see www.mindout.org.uk.



Wednesday drop-in Advocacy service offers instant access to an advocate at Community Base between 10.00 and 4.00. The service is for anyone in need of urgent crisis support.



Our services meet the Advocacy Quality Performance Standard

