

LGBTQ COUNSELLING SERVICE



LGBTQ+ Counselling at MindOut is a low-cost counselling service based in Brighton, which is run by and for LGBTQ+ communities.

We provide:

- A safe and confidential space
- Face to face and online counselling
- A team of empathic LGBTQ+ counsellors who are qualified or training
- Affordable 12 weekly sessions
- Tools to help you move forward and grow
- Additional LGBTQ+ services to help you in your journey

"I FEEL
BETTER ABOUT
MY FUTURE"

"IT HAS BEEN
ENLIGHTENING &
CLARIFYING"

"I AM FEELING
BETTER ABOUT
MYSELF"

"THIS HAS
BEEN VERY
HELPFUL"

For more info, scan here or
visit our website:



www.mindout.org.uk

Tel: 0300 7729855

Email: counselling@mindout.org.uk

Registered charity number: 1140098

mind
OUT

LGBTQ mental health service

Other Services

MindOut services exist to improve the mental health and wellbeing of lesbian, gay, bi, 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, and improve wellbeing and resilience. All our workers are out LGBTQ mental health professionals.

Along with counselling, our other services include:

- Advice and Information
- Mental Health Advocacy
- Peer Support Groups
- Peer Mentoring
- Telephone Befriending
- 50+ Project
- Online Support
- Awareness Training
- Suicide Prevention



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