

*MindOut services
are run by and are
for LGBTQ people.*

MindOut services are provided by professional and experienced mental health workers.

Our services are welcoming, supportive and affirming of all LGBTQ people and communities.

Our services are:

*Confidential
Independent
Non judgemental
Empowering
Service user led*

All MindOut services are **FREE**, except for our low cost counselling service.

Get in touch

If you would like to find out more about what we offer, or if you think someone you know might benefit the please do get in touch.

Telephone 0300 7729855
(confidential answerphone)

Email info@mindout.org.uk

www.mindout.org.uk



If you or anyone would like this leaflet in a different format e.g. large print, translated, braille, audio, then please let us know.



MindOut LGB&T Mental Health Project
Registered charity number: 1140098

**mind
OUT**
LGBTQ mental
health service

*peer
mentoring*

*and
befriending*

Designed and produced by MINT (01273) 261166 www.mintcreative.com

Peer Mentoring

Talking about how we feel and what we want to do or achieve can be motivating and inspiring. Spending time with someone who shares a similar identity or shared life experience can change and improve how we are feeling.

Our peer mentoring project has trained volunteer peer mentors who can support you to:

- + build your confidence
- + feel less isolated
- + get out and about
- + explore social opportunities
- + try new things
- + make choices and decisions
- + achieve goals and ambitions
- + develop new skills
- + visit new places
- + get active.

"My mentor works in the same industry as me and is affected by depression and anxiety like me too. Their insight and support has helped me to stay employed and manage my mental health."

Befriending

Many of us feel lonely or isolated. Sometimes we can find ourselves without someone to spend time with or share news with or talk to about our lives. Sometimes we don't feel connected to our communities or to people like us, with our LGBTQ identity.

Our befriending project can offer opportunities for people to meet, spend time, chat, share stories and experiences and get involved with social events and activities.

"Since my partner died I have found being alone so painful. A regular cup of tea and a chat with another human being has made life feel so much better."

The project has trained volunteer befrienders, and together you can:

- + spend time together
- + get to know each other
- + laugh together, support each other
- + talk, listen and share life stories
- + learn from each other
- + share experiences
- + feel more connected.

Volunteering Opportunities

Both peer mentoring and befriending projects at MindOut are run by dedicated, committed and trained volunteers.

They have told us that the experience has helped them to:

- + learn new skills
- + gain confidence and experience
- + change career, find employment
- + meet new people, make friends
- + be part of something worthwhile
- + feel more connected to LGBTQ communities
- + learn more about their own mental health.

If you would like to find out more about how to become a peer mentor or befriender, please do get in touch.

"Without doubt my mental health has improved. I am more confident too! I want to do this work as a paid job, based everything I have learned as a volunteer."

Other volunteering opportunities at MindOut include: online support, counselling, group work, advocacy, fundraising and social media.

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Our work is funded by:

The image shows a grid of logos for funding partners. The logos include: NHS Brighton and Hove, Lottery Funded, Brighton & Hove, Rainbow Fund, Lloyds Bank Foundation, Sussex Community Foundation, Communityroots, and The Chalk Cliff Trust.

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