

*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.

Community Base,
113 Queens Road,
Brighton, BN1 3XG



Telephone 01273 234 839
(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.

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mind
OUT

LGBTQ mental
health service

*peer
mentoring*

*and
befriending*

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