



MindOut is run by and for LGBTQ people.

MindOut workers are all out LGBTQ mental health professionals.

our services are:

- free
- confidential
- independent
- non judgemental
- empowering
- led by the client



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 just like to tell us about your own experiences, then please do contact us to make an appointment.

telephone 0300 7729855 (confidential answerphone)

email info@mindout.org.uk

website www.mindout.org.uk



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:



Supported by
The National Lottery[®]
through the Big Lottery Fund



Registered Charity Number 1140098



LGBTQ mental health service



MindOut for each other

Everyone needs someone to talk to...

...do you?



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



support + talk advice information

advice and information

Come and talk to us about any concerns you have or information you need. If you want to chat about something you are finding difficult to understand, then we can help. Making sure that you have the correct information will help you plan what to do next.

advocacy

Advocacy can help you be heard and get your point across. We listen to you and help you ask for what you want, make choices and know your rights. An advocate can help you to prioritise, help you speak up or represent you if that's what you prefer. This may include helping you to make complaints.

online support

You can contact our out of hours online support service to chat to one of our trained LGBTQ volunteers for support, advice or information.

support groups

We run groups where LGBTQ people can share their experiences, feelings and problems with each other in a safe and supportive place. People can share how they feel and offer each other support.

We run themed groups for trans people, bi people, men, women, people under 30 or over 50 and people in employment.

We run a peer support suicide prevention group – **Out of the Blue** – for people who are, or have felt, suicidal.

peer mentoring

If you want to learn new things, discover new hobbies or achieve new goals, we can match you with a peer mentor who can help you to build confidence socially, explore new opportunities and feel more connected to your community.

We also have volunteering opportunities for anyone wanting to train and become a peer mentor.

wellbeing courses

We run a variety of wellbeing courses in Brighton & Hove, East and West Sussex on topics such as self-esteem and mindfulness meditation. Please see our website for current programme.

training

We provide LGBTQ awareness training for mental health service providers, working to improve the quality of local services.