

## Short courses and workshops

**MindOut** also delivers a suite of bespoke mental health and wellbeing courses where we create a safe space for LGBTQ participants to learn together and increase their self-management skills, resilience and wellbeing.

Participants are particularly encouraged to explore how being LGBTQ can impact on our mental health and will gain greater awareness of a range of coping strategies and self-help techniques to improve resilience.

They will also take away clear actions around integrating these techniques into their daily lives. Courses cover wellbeing themes; most are a one-off session of 4 hours and are suitable for all LGBTQ people.

### Some of the workshops we offer:

- Living well on a low income
- Coping with the Winter Blues
- Living well as an LGBTQ person/older person
- Self esteem
- BAME wellbeing
- Improving your mental wellbeing at work.
- Managing stressful lives
- Change and resilience
- HIV and wellbeing
- Sleep matters
- Assertiveness for women
- Self advocacy for staff

### Do you need a training session for a group of staff at your organisation?

You choose the date and location of the course, and we'll come to you. We will consult with you prior to delivering the training in order to create bespoke courses to meet the needs of your staff.

### Contact information

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**[www.mindout.org.uk](http://www.mindout.org.uk)**

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OUT

LGBTQ mental  
health service

Specialist  
LGBTQ training  
with MindOut

**Registered Charity:** 1140098

**Registered Company:** 7441667

*"I was very impressed with both trainers. It opened my eyes and took away the judgemental feelings I had before".*



**MindOut is at the forefront of providing high quality, innovative mental health services run by and for LGBTQ people with lived experience of mental health issues.**

**Our mission is simple - to improve the wellbeing of LGBTQ people who experience mental health issues, reduce mental health stigma, and promote positive mental health in LGBTQ communities.**

**MindOut** provides bespoke LGBTQ affirmative practice training to organisations that provide services to LGBTQ customers or service users. Training is one of our key ways of changing the experience of LGBTQ people affected by poor mental health.

We deliver this for a wide variety of audiences: public sector organisations, business and corporate - to support and improve their professional practice, as well as directly to LGBTQ people.

Our training packages bring together both theoretical and real life experiences which participants have said offered them a unique perspective into understanding LGBTQ mental health and how our identities intersect with our mental health.



## Training for staff and volunteers

### LGBTQ affirmative practice training

Participants will gain insight and skills in assessing and addressing the needs of LGBTQ clients/ customers with mental health issues and gain confidence in dealing with heterosexism, homophobia, bi and transphobia.

We will address good practice around monitoring for sexual orientation and gender and participants will go away with action plans around how to make their services more inclusive. This training course can be a half or a full day.

### Trans awareness training

This half day training course is an essential introduction to help participants develop trans inclusion in their professional practice. It will help participants to explore the issues that come up when working with gender diverse clients/ customers. Participants will explore trans and non-binary gender identities and the meaning of gender.

They will increase knowledge of the intersection between gender, sexuality, sex and gender presentations and awareness around medical and social aspects of transitioning. We will explore best practice around language when working with a trans colleague or client.