

**Advocacy Enquiry Form**

MindOut’s Lesbian, Gay, Bi, Trans and Queer mental health advocacy service is run by and for LGBTQ people and is free, confidential, non-judgemental and independent from other services and professionals.

A MindOut advocate can:

* listen to any concerns you have about your mental health or wellbeing
* talk with you about any issues related to your LGBTQ identity
* help you to have your voice heard on issues that are important to you
* help you to defend and safeguard your rights
* help you to have your views and wishes considered when decisions are being made about your life

To speak to one of our advocates, please let us know:

Your name ……………………………………………………………………………………………...

Your preferred pronoun …………………………………………………………………………………

Your contact details (Phone and email)…………………………………………………………………………………….

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Location (With Postcode) …………………………………………………………………………………….

Have you used the MindOut Advocacy service before? Yes / No

Do you have any information or communication needs (for example, relating to disability or sensory loss)? If so, what are they? ...................................................................................................................................................................................................................................................................................................................................................................................................................................................................................

If you are can, please briefly explain what you would like advocacy support with/for (optional):

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Please send this form by email to: [info@mindout.org.uk](mailto:info@mindout.org.uk)

You can also get in touch with an advocate: by telephone **0300 7729855**

If you prefer, you can print and post this form to MindOut, Age UK Building [29-31 Prestonville Road, Brighton BN1 3TJ](https://www.bing.com/ck/a?!&&p=311ed53ce4180f1387eadc8c0c8fa02a6c91a6fe4a8b867d3f023bd41ea540b6JmltdHM9MTcyNzc0MDgwMA&ptn=3&ver=2&hsh=4&fclid=35d9af67-6a5b-6b67-0db5-bcf56b816a87&u=a1L21hcHM_Jm1lcGk9MTA5fn5Ub3BPZlBhZ2V-QWRkcmVzc19MaW5rJnR5PTE4JnE9QWdlJTIwV2VzdCUyMFN1c3NleCUyMCUyNiUyMEJyaWdodG9uJTIwQW5kJTIwSG92ZSZzcz15cGlkLllOMTAwNHgyMzc4MTcxMzAmcHBvaXM9NTAuODMxNzE0NjMwMTI2OTVfLTAuMTQ3MDYyMDAzNjEyNTE4M19BZ2UlMjBXZXN0JTIwU3Vzc2V4JTIwJTI2JTIwQnJpZ2h0b24lMjBBbmQlMjBIb3ZlX1lOMTAwNHgyMzc4MTcxMzB-JmNwPTUwLjgzMTcxNX4tMC4xNDcwNjImdj0yJnNWPTEmRk9STT1NUFNSUEw&ntb=1)