

English



## **Support for Lesbian, Gay, Bisexual, Transgender and Queer people who have concerns about their mental health**

### **Our services include:**

#### **Advice and Information**

Come and talk to us about any concerns or information that you need. If you want to chat about something that 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**

We 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 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 and 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.

#### **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.

#### **Wellbeing Courses**

We run a variety of wellbeing courses on topics such as: self-esteem, confidence building, mindfulness meditation, sleeping well, stress management.

#### **For more information:**

Visit our website [www.mindout.org.uk](http://www.mindout.org.uk)

Email [info@mindout.org.uk](mailto:info@mindout.org.uk)

Telephone: 01273 234 839