

**MindOut is run by and for LGBTQ people.**

MindOut workers are all lesbian, gay, bisexual, transgender, queer and non-binary mental health professionals.

**Our services are:**

**Confidential**

**Independent**

**Non-judgemental**

**Empowering**

**Led by the client**

**Co-produced with service users**

## 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 like to tell us about your own experiences, then please do contact us.



**LGBTQ mental health service**

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If you or anyone you now would like this leaflet in large print, audio recorded, in braille or translated, please let us know.

Our work is funded by:



**NHS**  
Brighton and Hove



LLOYDS BANK FOUNDATION  
England & Wales



Registered charity number: 1140098

mind  
OUT

**LGBTQ mental health service**

age  
matters

**Mental Health and Wellbeing  
Support and Services  
for LGBTQ People 50+**

# age matters

All MindOut services are  
**welcoming,**  
**affirmative**  
and **supportive**

**MindOut** is an LGBTQ mental health and wellbeing service run by and for LGBTQ people with lived experience of mental health issues. We aim to improve the lives of LGBTQ people with mental health concerns and to reduce LGBTQ mental health stigma.

## Advocacy and Case Work

This free service can help you be heard, and get your point across. We listen to you and help you ask for what you want, make informed choices and know your rights. Our advocate can help you prioritise, speak up or represent you if that's what you prefer. This may include helping you to make a complaint or attend appointments.

Advocacy can help people, groups and communities who are 50+ ask questions, find information and raise concerns. These may be about health and social care, housing, community safety, money matters, physical and mental health support.

## Support Groups

We run free peer support and social groups for people who are 50+ where 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.

## Wellbeing Workshops

We run free wellbeing workshops for people who are 50+ that help to increase confidence, learn assertiveness skills and build resilience. Our workshops give tips on how to reduce isolation and cope with change.

## Online Support

You can contact our online support service to chat to one of our LGBTQ support workers for support, advice or information. We have regular advocacy online support sessions as well as specific sessions run by and for people over 50.

## Peer Mentoring

We offer trained volunteer Peer Mentors to meet with you to support you to engage more in your communities. This can include going to social and cultural events, exploring new things, training, education, volunteering and work opportunities, getting out of the house, feeling less isolated.

You may want to a peer mentor of similar age and identity or someone different to share life experiences with and learn from. This service is free.

## Counselling

MindOut's counselling service is run by and for LGBTQ people. All our counsellors identify as LGBTQ and are registered with professional counselling bodies, which ensures their commitment to working safely and ethically with you. Several of our counsellors are also aged 50+. Payment for this service is on a sliding scale.

## Support for LGBTQ 70+.

If you are 70+ we would love to hear from you about how we can support your mental health.

## Volunteering

Please do talk to us if you are interested in volunteering, this may include training to become an online support worker, peer mentor or helping out with other MindOut activities.

## Training

We run LGBTQ affirmative practice and trans awareness training. Our training packages are bespoke and include modules on providing accessible, affirmative and supportive services for LGBTQ 50+ people.