

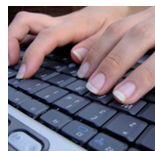
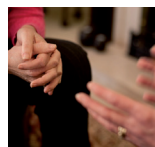
Design by Paul Jonas: [www.paul-jonas-design.co.uk](http://www.paul-jonas-design.co.uk)

## 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:

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



**mind  
OUT**

**LGBTQ mental  
health service**

Registered charity  
number: 1140098

## 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:

Community Base  
113 Queens Road  
Brighton, BN1 3XG



**Telephone:** 01273 234 839  
**Email:** [info@mindout.org.uk](mailto:info@mindout.org.uk)  
**Website:** [www.mindout.org.uk](http://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:



LOTTERY FUNDED



Brighton and Hove  
Clinical Commissioning Group



Brighton & Hove  
City Council supported



# Trans and Non-Binary Mental Health and Wellbeing Services

**mind  
OUT**

**LGBTQ mental  
health service**

Registered charity  
number: 1140098

**tel: 01273 234839**  
**Email: [info@mindout.org.uk](mailto:info@mindout.org.uk)**  
**[www.mindout.org.uk](http://www.mindout.org.uk)**

# All MindOut services are trans 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 issues. We aim to reduce stigma towards LGBTQ mental health.

By 'trans and non-binary' we are referring to a broad range of gender identities, which include genderqueer, queer, trans masculine, trans feminine, intersex,

gender variant, gender fluid, transsexual, transvestite, people who cross dress and any other gender identity or expression.

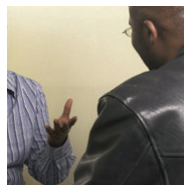
**"My gender identity is fluid, no assumptions are made about my gender or trans identity or sexual orientation at MindOut. It's a safe place for me to be me."**



## Trans advocacy

Our Trans Advocacy service 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. Our advocates 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 trans individuals, groups and communities to ask questions, find information

and raise concerns. These may be about: trans care pathways, mental health support, reporting hate incidents, housing and employment.

## Support groups

We run trans, non-binary and queer peer support groups 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.

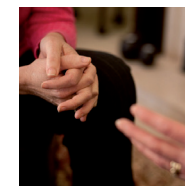
**"Advocacy has helped me navigate the trans care pathways, which can be a mine field as I experienced awful treatment in the past"**

## 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 trans specific online support services with trans and non-binary support workers.

## Peer mentoring

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



## Volunteering

We have volunteering opportunities for all trans and non-binary people who want to train to become an online support worker or peer mentor.

## Training

We provide trans awareness training as part of our LGBTQ affirmative practice training. We provide specific trans training for organisations working on improving the quality of trans support they offer.

**"With the support I get from MindOut I am more resilient and confident in dealing with transphobia, which I experience daily"**