



'I came to Brighton and thought I'd feel ok... but I don't feel comfortable all the time on the scene, especially when my depression is bad... coming to the group is great, I don't have to pretend.'

If you are lesbian, gay, bisexual or transgender and have mental health concerns, MindOut offers:

A one-to-one confidential meeting with a lesbian or gay worker for you to talk about your needs.

This service is free and confidential.

Mary came because she'd rather talk to someone she knows is gay themselves, and knows about mental health too.

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 just like to tell us about your own experiences, then please do contact us to make an appointment.



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Brighton and Hove City NHS
Supporting Primary Care First

**WE'RE
HERE,
WE'RE
QUEER
BUT WE'RE
NOT ALWAYS
HAPPY**

Everyone needs someone to talk to
do you?



LGBT mental health project



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TALK

'it was amazing to meet other gay people with similar problems. I didn't feel so alone anymore.'

SUPPORT ADVISE

SUPPORT GROUPS

We run groups where LGBT people can share their experiences, problems and stories. People can chat, play games, have a cup of tea or coffee or sit quietly.

John can go all week not really talking to anyone. Coming to a group where other LGBT people want to hear about him, and where he can get to know them, has helped his confidence no end.

'This project has made a serious effort to make the 'T' on the end of LGB into something more than the ambiguous, unwelcome footnote one so often sees.'

ADVISE, INFORMATION AND ADVOCACY

Come and talk to us about any concerns you have, we will help you find out what you need to know and help you plan what you want to do.

Bill was shocked when his psychiatrist told him that a bit of cruising was all he needed to solve his relationship problems. He'd like to see a more understanding professional, Mind helped him sort that out.

Jill can't talk to her friends about bingeing and how ashamed she is. It was a relief to talk to a Mind worker and discuss the things she could do.

TRAINING

We provide LGBT awareness training for mental health service providers, working to improve the quality of local services.

Carol learnt about the diversity of LGBT lives, questioned her assumptions and found out about how to make her service more gay and transgender affirmative.

'some nurses are great, some haven't got a clue about lesbians' lives...'

COMMUNICATION