



mind in Brighton and Hove

LGBTQIA+ mental health and community support



Sussex

Switchboard

Support & information to connect you with the right LGBTQ service.

01273 204050
Mon, Wed, Thurs
7.30-9.30pm

Allsorts

Groups, 1 to 1 sessions & family support service for young people under 26 who are LGBT or exploring.

01273 721100
allsortsyouth.org.uk

The Clare Project

Psychosocial support groups, information sessions & training for trans, non-binary and intersex adults.

clareproject.org.uk

The Ledward Centre

LGBTQ+ community, cultural centre & cafe, providing social space to support with loneliness and isolation.

ledcen.org.uk
01273007116

MindOut

Advice, information, advocacy, peer support & mentoring, counselling, online support.

info@mindout.org.uk
01273 234 839

Older & Out

Fully inclusive social group for older LGBTQI people in Sussex.

01273 699 000
olderandoutbrighton.org.uk

The Rainbow Hub

A safe & friendly drop in space to access help & support, and a hate crime reporting centre.

therainbowhubbrighton.com

Navigate

Peer support, information, and resources for the trans, nonbinary and intersex community.

navigatebrighton.co.uk

Trans Can Sport

Physical activity for trans and gender diverse people.

transcansport.co.uk

National

LGBT foundation

Advice, support and information
0345 330 30 30
lgbt.foundation

Stonewall

Training, events, resources.
stonewall.org.uk

Switchboard

Support, advice, and information
0800 0119 100
switchboard.lgbt

MindOut

Online chat support service
mindout.org.uk

mind in Brighton and Hove

We provide advice, support, training, peer support and advocacy services across Sussex.

mindcharity.co.uk
01273 66 69 50
info@mindcharity.co.uk

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