

Mindout

People from the lesbian, gay, bisexual and trans-gender communities are at greater risk of having poor mental health as a result of experiencing bullying, harassment, discrimination and hate crime. LGBT people are three times more likely to have anxiety disorders and six times more likely to have depression than heterosexuals. There is a strong association between homo, bi and trans phobic bullying and mental ill-health, including low self-esteem, fear, stress and self-harm (NUS Beyond the Straight and Narrow 2014).

The 2003 Mind and University College London research revealed that up to 36% of gay men, 25% of bisexual men, 42% of lesbians and 61% of bisexual women have reported negative or mixed reactions from mental health professionals.

“It has helped me be less isolated and more confident in my transition”

MindOut Group Member

“Meeting people with similar issues I feel more accepted which has made me feel more confident”

MindOut Group Member

To support Dorset Mind, please visit justgiving.com/dorset-mind



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e: contact@dorsetmind.uk

We're Dorset Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Dorset Mind does not offer any undertaking as to whether a particular Dorset Mind service is suitable for any particular person. Dorset Mind does not make an assessment of anyone's mental health or circumstances prior to their attendance at a group or service.

Leaflet created by Dorset Mind in June 2016.

MindOut

Meet, share, listen and learn



Dorset Mind is a registered charity - No. 1108168 and is registered in England as a company limited by Guarantee No.5333018

 mind | Dorset
for better mental health

What can you expect?

MindOut is a safe, confidential and accepting space for LGB and Trans people experiencing mental health issues and offers recovery-based peer and staff support.

Each session involves a guided relaxation or mindfulness exercise, time to share experiences and concerns, followed by discussion workshops based on group members' requests.

Discussions cover a diverse range of topics, for example:

- coming-out to friends and family
- developing self-compassion and building self-esteem
- managing anxiety
- how society's attitudes to gender and sexuality can impact on self-esteem, self-image, mental wellbeing and mental health
- mental health conditions, their symptoms and effects
- self-awareness and insight
- recovery-based coping skills, for example helpful ways of thinking, relaxation and mindfulness
- social and communication skills
- general health and wellbeing information
- signposting to other support groups and agencies.

Who might you see?



"My name is Mandy. I have enjoyed working with people with mental health issues for thirteen years. My diverse experience and training as an LGBT affirmative counsellor helps me to facilitate MindOut. Attending a new group can be a daunting experience and I am always happy to meet with new members before the group begins."

For further details about MindOut, please call Mandy on 07950 741698 or email mindout@dorsetmind.uk

You may also meet some of our other Group Facilitators: Rob, Carmel and Claire.



For up to date information on meetings please check the website, dorsetmind.uk

Charges

£3 per session

When and where is it?

Weekly on Thursdays, 1pm to 3.30pm

Over the Rainbow
27 St Michaels Rd
Bournemouth
BH2 5DB

Just a short walk from Bournemouth Square which is served by many different buses.

Monthly on Friday afternoons, 2pm to 4pm

Weymouth Community Safety Centre
Safewise Centre
Radipole Lane
Weymouth
DT40QF

Bus routes: 3, 8, 88, 91 and 253.

