

Freedom from Fear to Love

We are proud to offer a safe and welcoming space
for LGBTQ+ Londoners

Come and visit us at *Outcome* in Islington

LGBTQ+ Asylum Seekers and Refugees Project

Open to LGBTQ+ Asylum Seekers and Refugees in
London who experience mental distress



 mind | Islington Mind
for better mental health



 mind and
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mental health

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Our new program for **LGBTQ+**

Asylum Seekers and Refugees offers:

- an individual support package based on a personalised needs assessment, offering support with the challenges of settling in the UK, including:
- companion support to critical appointments (e.g. interviews, hearings, health related appointments)
- peer support groups (e.g. women-only space, Experts-by-Experience workshops)
- a program of activities addressing clients' needs
- 1-to-1 and group therapy facilitated by an experienced psychotherapist, exploring issues relating to PTSD
- alternative therapies
- opportunities to socialise in a safe LGBTQ+ only therapeutic space.

Supported by:



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Freedom from Fear to Love LGBTQ+ Asylum Seekers and Refugees Project

Find us at **Outcome**, Islington Mind's LGBTQ+ service

35 Ashley Road, London N19 3AG

Email: sigal.avni@islingtonmind.org.uk

www.islingtonmind.org.uk/outcome.asp

You are welcome to visit us!

Open every **Tuesday 10:30 – 16:00.**

One to one appointments and some groups will run on other days in different locations in Islington.