

# LGBTQI+ Focused Counselling

We are launching a new counselling service as part of our **Rainbow Mind** project, specifically for individuals within the **LGBTQI+ community**.

Rainbow Mind is a new collaborative project aiming to tackle mental health issues specifically within the LGBTQI+ community across Greater Manchester and London. The project is mainly led, staffed and directed by LGBTQI+ people.

Our new 1 to 1 counselling service offers up to **8 sessions** that are **free to access** and are based in **Salford**.



# These sessions can help with issues such as:

- General Anxiety & High Stress
- Depression & Low Mood
- Questioning sexual orientation and/or gender identity
- Relationships



To find out more and get involved, call us on  
0161 710 1070 or email us via  
[admin@mindinsalford.org.uk](mailto:admin@mindinsalford.org.uk)

