

LGBTQIA+ Mental Health!



Rainbow Mind invites you to join us for a safe, supportive space where we'll explore important topics around **LGBTQIA+ mental health**.

In this session, we'll cover:

- The history of the LGBTQIA+ community
- Keeping yourself safe and finding support
- Practical self-care tools and techniques to help navigate challenging times

Date: Thursday 20th February

Time: 11am – 1.30pm

Location: Croydon Health and Wellbeing Space, 1st Floor Whitgift Centre, Croydon, CR0 1UY.

Spaces are limited, so please contact us to book your space:

Tel: 0203 154 9539

Email: chws@mindincroydon.org.uk

