



# Peer Support for Transgender and Non-Binary People

Mental health support from trained trans and non-binary Peer Support staff and volunteers

A safe space where you can socialise, be yourself, and explore your mental health

Details overleaf

# Our Trans Mental Health Support

Solent Mind is committed to supporting the mental health of trans and non-binary people across our service. **You should feel welcome and included in all of our support groups.**

We also recognise the need for trans-focused spaces to directly address the mental health challenges that can come with transition and gender non-conformity.

You deserve confidential mental health support with the challenges of questioning your gender, transitioning, dealing with social stigma and isolation - and you deserve it from people who understand.

Every Tuesday, we offer an in-person trans mental health peer support group for trans, non-binary, questioning, and gender non-conforming people ages 16 and up.

Receive support from your peers, including our trained trans staff and volunteers who will always lead these groups to be safe and inclusive spaces.

If you think this group might be for you, it probably is. Register interest, get further details, and ask any questions with the contact details below.

## Contact us at:

Sidebyside@solentmind.org.uk  
or call or text Ashley: 07971740065

[solentmind.org.uk](https://www.solentmind.org.uk)

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