

A close-up photograph of a rainbow flag, showing the vibrant colors of the spectrum (red, orange, yellow, green, blue, and purple) waving against a clear blue sky.

# LGBTQIA+ Focused Counselling Service

**Rainbow Mind is a project specifically set up to tackle mental health issues for individuals within the LGBTQ+ community.**

As part of our project we offer a 1 to 1 counselling service specifically for individuals within the LGBTQIA+ community. Our project is mainly led, staffed and directed by LGBTQIA+ people.

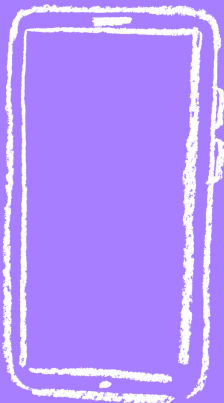
This service offers up to 8 sessions that are free to access and based in Salford (or online / over the phone where appropriate).

[rainbowmind.org](https://rainbowmind.org)



# These sessions can help with issues such as:

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



## Want to find out more?

Give us a call on **0161 710 1070**

Or email **[admin@mindinsalford.org.uk](mailto:admin@mindinsalford.org.uk)**

To find out more about our wider project, services and what we offer across Greater Manchester, please email **[northernhub@rainbowmind.org](mailto:northernhub@rainbowmind.org)**

**[rainbowmind.org](http://rainbowmind.org)**

