

# Ambassador Guidance



# What is Rainbow Mind?



Rainbow Mind is a collaborative LGBTQIA+ mental health service delivered by Mind in Salford and Mind in the City, Hackney and Waltham Forest. As the Northern Hub, Rainbow Mind GM provides affirming, community-rooted mental health support across Greater Manchester. Our work includes one-to-one therapy, mindful movement, community programmes, outreach, and partnerships - all designed to uplift and empower LGBTQIA+ people.

# Role of a Rainbow Mind Greater Manchester Ambassador

As an ambassador, you will help amplify LGBTQIA+ mental health visibility and strengthen the community support network across Greater Manchester.

Ambassadors are storytellers, connectors, and champions of wellbeing and your voice helps us reach people who need to know they're not alone.



“By working closely with Rainbow Mind GM I want to help raise awareness of the issue so other people don't have to struggle in the same way”

Karl Considine, Ambassador



# What we're aiming for

Our goal is simple: Working together to increase the visibility of LGBTQIA+ mental health and strengthen the support available across Greater Manchester.

You don't need to commit to a set schedule or take on tasks that don't fit your life. Your lived experience, your voice, and your presence in the community already make a difference.



# What you might do as an ambassador



## Boost Visibility

- Share a short statement and image for our website to show you're a member of the Rainbow Mind Ambassador community.
- Help keep Rainbow Mind visible by engaging with our social media content, collaborating on posts, and sharing updates within your networks.



## Build Community Connections

- Introduce us to like-minded organisations and partners who share our commitment to LGBTQIA+ wellbeing.
- Help open doors to new collaborations, opportunities, and community spaces.



## Support Fundraising

- Highlight or share our fundraising activities.
- Let us know about opportunities you come across — whether that's a community event, a corporate partner, or a funding stream we should explore.



## Join us at events (when you want to)

- Attend occasional Rainbow Mind events or activities when convenient.
- There's no pressure — your involvement is flexible and shaped around your availability

The Ambassador role is voluntary and flexible. Involvement can vary depending on availability and interest.

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** Rainbow Mind Greater Manchester**

** @rainbowmindgm**

** The Rainbow Mind Podcast**

