

What are the benefits of joining Evolve Trans?

- Your confidence and self-worth may be improved by using the service
- Your mental wellbeing may be improved through Evolve Trans
- You may notice a reduction in feelings of isolation by meeting new people

When

Weekly on a Thursday

Where

Quay Place, Key Street, Ipswich, IP4 1BZ



Contact us

Suffolk Mind
Quay Place
Key Street
Ipswich
IP4 1BZ

0300 111 6000

suffolkmind.org.uk

evolve.trans@suffolkmind.org.uk

Become a Friend

By becoming a Friend of Suffolk Mind, you will be invited to a free training session, receive monthly newsletters and get invited to events held by Suffolk Mind.

Sign up for free:

suffolkmind.org.uk/friends

Accreditations & Awards



Evolve Trans

Transgender Emotional
Support in Suffolk



Suffolk Mind

About Evolve Trans

Evolve Trans is a weekly emotional support pilot which aims to improve the wellbeing and emotional health of people who identify as transgender and non-binary.

30 places are available to adults over the age of 18 who are questioning their gender, on a transitioning journey or who have transitioned i.e. from the transgender and non-binary population.

If you're from the transgender and non-binary population of Suffolk, Evolve Trans is a space where you can feel supported in a safe environment, learn about your emotional health, and potentially make new friendships!

"I've felt so lonely -
Evolve Trans gives
me the space to be
myself"

"It's important to
have support along
every stage of the
journey"

What happens at Evolve Trans?

- Weekly group sessions that focus on wellbeing, emotional health and self-reflection such as your emotional needs, understanding relationships and dealing with stress
- 121 appointments
- Peer support
- Creative activities

