

LGBTQIA+ Helplines

Switchboard

Switchboard provides a listening service for people to discuss their feelings in an impartial and non-judgmental way.

 0800 0119 100 10am - 10pm

PROUD CONNECTIONS

Proud Connections provide a **Live Chat** that is a digital one-to-one chat service delivered by The Proud Trust.



www.theproudtrust.org

limited opening hours.
Not a crisis or emergency service.



Mermaids

A British charity and advocacy organisation that supports **gender variant and transgender youth**.

 0808 801 0400 9am - 9pm



Text MERMAIDS
to **85258**
for free 24/7
crisis support all
across the UK



mermaidsuk.org.uk

Leicester, Leicestershire & Rutland
The

**Relationships
Centre**



LEICESTERSHIRE LGBT+ CENTRE



Floor 2, Voluntary Action Leicestershire, 9
Newarke Street, Leicester, LE1 5SN



Leicester Lesbian Gay Bisexual and Transgender Centre is a voluntary organisation established to support lesbian, gay, bisexual and transgender people in Leicester, Leicestershire and Rutland. They offer:

- COUNSELLING
- ADULT TRANS SUPPORT GROUP
- ADULT LGB SUPPORT GROUP
- LGBT+ YOUTH GROUP
- FAMILY SUPPORT
- SOCIAL GROUPS SUCH AS A CHOIR AND GAME NIGHTS



0116 254 7412



**@leicestershire
lgbtcentre**



**www.leicestershire
lgbtqcentre.org**

Scan me! →



TRADE SEXUAL HEALTH



Floor 2, 27 Bowling Green St, Leicester LE1 6AS



Trade Sexual Health is a health charity working with under-represented communities, including LGBTQIA+, and new arrivals across Leicester, Leicestershire & Rutland.

They offer free, confidential health advice, information, services and support. As well as, counselling, mental health and community support groups, and so much more!



0116 254 1747



@wearetradehealth



**www.tradesexual
health.com**

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