

If you want to find out more information about any of our services, call us on [0345 3 30 30 30](tel:03453303030), email helpline@lgbt.foundation or visit our website lgbt.foundation



We take great pride in being a leading charity that promotes health and wellbeing to thousands of LGBTQ+ people in the UK. And we wouldn't be here without your support.

When you volunteer, fundraise, or donate, you create a brighter future for our vibrant communities. Your support helps domestic abuse survivors and people on recovery journeys. It funds community events that foster togetherness, enables us to give free sexual health advice, and sustains our national helpline.

With your help, we can do more.

If you want to support a charity with LGBTQ+ people at its heart, visit lgbt.foundation/donate

**AS ALWAYS,
THANK YOU!**

LGBT FOUNDATION

**HEALTH AND
WELLBEING
SUPPORT**



Finding Your Way Forward
lgbt.foundation



OVERVIEW

Here at LGBT Foundation, we have a range of different services that offer support with some of the challenges you may face. Whether you are experiencing difficulties with your **wellbeing**, with **domestic abuse**, or in **your relationship with alcohol or substances**, our services help when you need it most. When you access our services, your needs are at the centre of any support you receive. If you are having a difficult time, we can help you find your way.

HOW WE CAN HELP YOU

Mental Health and Wellbeing


Whether you're looking for someone to talk to, or regular spaces to access to support your mental health and wellbeing, our team can help. From your first contact with our team, staff and volunteers, we work with you to identify the type of provision you need. We offer different mental health and wellbeing services which offer you a safe space to work through your experiences, gain information and advice, and engage with therapeutic support.

Isolation and Community Connection

At different times and for different reasons, isolation can affect us all. You may have recently come out and are looking to make connections with people who understand your experiences. Or maybe you have health needs which have made engaging in social activities difficult. Perhaps you're struggling on your road to recovery and need a non-judgmental and compassionate space free from stigma or discrimination where you can explore your experience with others. Feeling connected to our community can make a huge difference to our wellbeing and help us find our joy. With us, you can access empowering events and groups to help you connect, build confidence and social skills.

Advocacy and Safety

We believe all LGBTQ+ people should feel safe, free from harm and treated with validation, dignity and respect. If you have experienced domestic abuse or sexual violence, been the victim of a hate crime, or need immediate support in queer spaces, we are here to help you find your hope. We provide one to one and group support - whether you need help feeling safe, want to discuss a crime or want to explore the options available to you. Our team can provide individualised safety advice around reporting, advocacy, emotional empowerment, wellbeing



support, help and confidence in navigating the criminal justice system, or to find other appropriate services where needed. As a team, we work closely with other organisations, from health and social care providers through to emergency responders, to ensure you get the best form of support and the best outcomes.

Sexual Health

We believe that everyone has the right to explore and enjoy sex in a way that is right for them, free from shame or judgement. Our aim is to empower you to make informed decisions about your sexual health and wellbeing, and we're proud to offer a comprehensive range of advice and services. This includes guidance on a range of sexual health topics, chemsex support, testing services, and preventative options like PrEP, condoms and lube. We believe that by talking openly and honestly about sex and relationships, we can promote safer, enjoyable sex and reduce the risk of harm.



If you, or someone you know might benefit from our services please scan the QR code for our online referral form.

