



WHERE QUEER HOPE & JOY FLOURISH



www.lgbt.foundation
☎ 0345 3 30 30 30

DOMESTIC ABUSE

DOMESTIC ABUSE & SEXUAL VIOLENCE SUPPORT THAT PUTS YOU FIRST

- 1-1 Support
- Group Support
- Legal Options
- Independent DA / Sexual Violence Advisors



www.lgbt.foundation/domestic-abuse

SEXUAL HEALTH

BODY-NEUTRAL, PLEASURE-POSITIVE LGBTQ+ SEXUAL WELLBEING SUPPORT

- Condoms & Lube
- At-Home STI Tests
- In-Person Testing
- PrEP & PEP Advice
- Living Well with HIV
- Sex Guides



www.lgbt.foundation/sexual-health

MENTAL HEALTH

WELLBEING SUPPORT TO HELP YOU FIND A WAY FORWARD

- Helpline
- Talking Therapies
- Email Support
- Help & Advice Hub
- Online Resources
- Wellbeing Events



www.lgbt.foundation/help

RECOVERY

SUPPORTING YOUR JOURNEY TO A BETTER RELATIONSHIP WITH SUBSTANCES

- Alcohol use
- Drugs use
- Chemsex
- 1-1 Support
- Group Support
- Resources



www.lgbt.foundation/recovery

COMMUNITIES

CELEBRATING AND SUPPORTING OUR DIVERSE LGBTQ+ COMMUNITIES

- Pride in Ageing
- Operation Equality
- Our Manchester
- Community Safety
- Village Angels
- Volunteer with Us



www.lgbt.foundation/communities

TRAINING

BE THE BEST ADVOCATE FOR LGBTQ+ PEOPLE YOU CAN BE

- Equality, Diversity & Inclusion Training
- Bespoke Training
- Pride in Practice
- Training Academy
- Certifications



www.lgbt.foundation/training

HOW WE CAN HELP

At LGBT Foundation, we have a range of services that offer support with some of the challenges you may face. We've been empowering LGBTQ+ people to achieve their full potential since 1975.

Find out more about any of these services or how you can get involved by visiting our website or scanning below!



We offer services in:
Greater Manchester
Liverpool
Merseyside
Coventry
Warwickshire

Stay connected: www.lgbt.foundation/newsletter