

# 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](http://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](http://mermaidsuk.org.uk)

**Relate**

Leicester, Leicestershire & Rutland



# LEICESTER 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
- TRANS-SPECIFIC YOUTH GROUP
- LGBT+ YOUTH GROUP
- FAMILY SUPPORT
- SOCIAL GROUPS SUCH AS A CHOIR AND GAME NIGHTS



0116 254 7412



@leicesterlgbtcentre



www.leicesterlgbtcentre.org

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# 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 & support including STI screening, counselling, support groups and so much more!



0116 254 1747



@wearetradehealth



www.tradesexualhealth.com

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