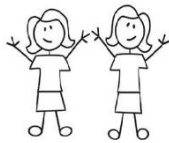


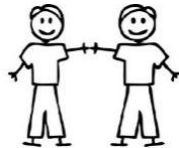
Brighton & Hove LGBT Switchboard



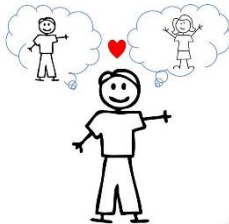
LGBT Switchboard is a charity which supports lesbian, gay, bisexual and transgender people



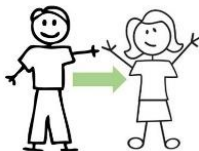
Lesbian means a woman who is attracted to other women.



Gay means a man who is attracted to other men.



Bisexual means a person who is attracted to both men and women.



Transgender people identify as a different gender to the physical sex they were born.



We use **LGBT** to mean lesbian, gay, bisexual and transgender.



Helpline

We have a helpline for LGBT people to talk to volunteers if they are unhappy or need support.

5pm – 9pm
01273 204050

People can also chat on the internet with a volunteer if they do not like to talk on the phone.



Counselling

We have affordable counselling for LGBT people. Counsellors work with you to help you understand your feelings. They help you work out what you can do to feel better.



LGBT HIP

LGBT Health & Inclusion Project talks to people about their experiences of health care and local services.



We want to make sure that LGBT people can use health care and local services without problems.

Older LGBT Project



The Older LGBT Peoples Project organises activities for LGBT people aged 50+ to meet each other and get support.



You can call us on **01273 24050** from 5 - 9 pm.



You can email us at **info@switchboard.org.uk**