

**0300 330 0630**

**CHAT IS AVAILABLE ON OUR WEBSITE OR BY PHONE  
SWITCHBOARD.LGBT**

**HOW DO I  
KNOW  
IF I'M GAY?**

**Switchboard**  
LGBT+ helpline

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**I'M RELIGIOUS  
BUT I THINK  
I'M A LESBIAN**

**Switchboard**  
LGBT+ helpline

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[SWITCHBOARD.LGBT](https://www.switchboard.lgbt)

**I'M SCARED  
MY CHILD WILL  
BE BULLIED**

**Switchboard**  
LGBT+ helpline

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**I FANCY MEN  
AND WOMEN,  
DO I HAVE  
TO CHOOSE?**

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LGBT+ helpline

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**WHAT DOES  
NON-BINARY  
MEAN?**