



Switchboard

LGBT+ helpline



@switchboardLGBT



facebook.com/switchboardLGBT



You talk. We listen.

Coming out

Gender identity

Being lesbian, gay,
bisexual, trans

Sexuality and
sexual orientation

Workplace support

Sexual health

Offering calm words when you need them most.

Helpline: 0300 330 0630

10am – 10pm



www.switchboard.lgbt



Instant Messaging



chris@switchboard.lgbt

Registered Charity Number: 296193

