



**You talk. We listen.**

**Sexual health  
and HIV**

**Sexuality and  
sexual orientation**

**Being lesbian, gay,  
bisexual, trans\***

**Gender identity**

**Family  
(parents or children)**

**Coming out**

Offering calm words when you need them most.

**Helpline: 0300 330 0630**

 [www.switchboard.lgbt](http://www.switchboard.lgbt)

 Instant Messaging

 [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

