

You talk. We listen.

Whether it's about coming out to new people, questions about safer sex, gender identity, relationship issues or feeling discriminated against - get support from our team of trained LGBTQIA+ volunteers.

Our promise

To talk things through.

We're here to explore whatever is on your mind.

Everything is confidential.

You can trust us.

We are you too.

All our volunteers self-define as LGBT+

Coming out

Being gay,
lesbian,
bisexual
& trans

Gender
identity

Faith and
sexuality

Feeling
discriminated
against

First
relationships

...

Phone us

0800 0119 100

Instant message us

www.switchboard.lgbt

Email us

hello@switchboard.lgbt

**Switchboard**
LGBT+ helpline

Looking to volunteer?

We're always looking for people with a passion for helping others. Visit switchboard.lgbt for more.