

SUPPORT CONTACTS

Online Support:

- 🌈 **Switchboard LGBT+ helpline** -- <https://switchboard.lgbt/support-us/>
- 💜 **MindOut** Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service -- <https://www.mindout.org.uk/>
- 🌈 **Mind** -- https://www.mind.org.uk/information-support/tips-for-every-day-living/lgbtiqplus-mental-health/about-lgbtiqplus-mental-health/#.W9dAo2L7ST_

