

FREE LGBTQ+ Counselling*

If you are LGBTQ+ you are more likely to face mental health difficulties than cis or straight counterparts.



You can either self-refer on our website or request a referral from one of our partner agencies.

52% of LGBT people said they've experienced depression in the last year.

46% of trans people have thought about taking their own life in the last year.

* Our waiting list varies with demand for the service, but it's typically under 2 months. If you need to be seen urgently, we also offer paid counselling with a shorter wait.



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