



The Lesbian, Gay and Bisexual Helpline

for young people aged 13 - 24

theigbhelpline.org

Worried about coming out? Feeling isolated?
Struggling with friendships? Experiencing bullying?

Live-chat with a volunteer who is lesbian, gay or bi
like you. Lines are open between 3pm and 6pm on
Tuesdays and 4pm and 7pm on Thursdays and you
can email at any other time.

Speak to someone who feels positive about being LGB
and who will help you to feel the same.

This is a service
delivered by

LGB ALLIANCE