



Free confidential support for the LGBTQIA+ community their families and friends.

Switchboard provides a **safe, free, confidential listening service** for LGBTQIA+ people and anyone exploring questions around identity, relationships, or wellbeing.

Our service provides **non-judgmental and non-directive support**, run by the community for the community.

Scan the QR code to learn more about our work.



switchboard.lgbt



0800 0119 100 (10am to 10pm).



Live chat available online.