



SWITCHBOARD'S LOW COST COUNSELLING SERVICE FOR THE LGBT COMMUNITY

People come to counselling for all sorts of reasons, they may be facing a particular difficulty, feeling down, or perhaps wish to explore issues around behaviour and/or relationships. The counsellor's role is to listen to you, to encourage you to talk openly in a supportive setting, and to help you reach your own decisions about the best way forward.

For lesbian, gay, bisexual and transgender (LGBT) people there may be additional difficulties relating to their sexual or gender identity, there may be fears or experiences of counselling organisations not understanding and meeting their needs, or there may simply be a preference to work with a counsellor who also identifies as LGBT.

For this reason **Brighton & Hove LGBT Switchboard's counselling service** exists to provide counselling to LGBT people, delivered by professional volunteer counsellors who identify as LGBT, and have an understanding of the issues affecting LGBT people.

Switchboard's counselling service offers a maximum of **12 counselling sessions**, following an initial assessment session to establish if the service can meet your needs. The counselling service operates a **sliding scale of charges based on your ability to pay** and all of the fees received contribute to the maintenance of the service. Counselling appointments are offered at a **central Brighton location** both during the **day** and in the **evening**. For anyone who has difficulty accessing Switchboard's building an alternative venue can be provided.

See overleaf for further details of the counselling service, and how to apply.

**Brighton & Hove's Lesbian, Gay, Bisexual & Trans
Information, Support & Counselling Service**



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To access **Switchboard's counselling service** an application form needs to be completed and returned to Switchboard. There are a variety of ways to obtain an application form:

- Contact the Services and Development Manager on **01273 207050** or **brighton.manager@switchboard.org.uk**
- Visit Switchboard's website at **www.switchboard.org.uk/brighton** for an application form.
- Telephone Switchboard's help-line on **01273 204050** and ask for an application form

If you have writing difficulties, or would struggle to complete an application form for any other reason please contact the Services and Development Manager who will assist you in your application for counselling.

Switchboard also provides a **help line** service from 5pm daily a **Room-finder** service (matching LGBT people seeking accommodation with LGBT friendly accommodation providers), an **email enquiry** service, a **website**, and a **relationship counselling** service in partnership with **Brighton and Hove Relate (PROUD2CONNECT)**. Further details of all of these services can be obtained by contacting the Services and Development Manager, the Administrator, or the help-line on the above contact details.

Switchboard's counselling service is an organisational member of the **British Association for Counselling & Psychotherapy (BACP)** and as such is bound by their 'Framework for Good Practise' and subject to their complaints procedure.

www.switchboard.org.uk/brighton

registered charity 1088133

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