

PROUD CONNECT

There are many difficulties which affect relationships, for example, depression, money worries, unsatisfying sex lives, family issues etc. Lesbian gay bisexual and transgendered (LGBT) people can also face particular difficulties. Their relationships may be seen as less valid than heterosexual relationships, and pressures such as homophobia and transphobia can be experienced, both within their families and in the wider community. It can therefore be helpful for LGBT people to receive support from a relationship counsellor who has an understanding and awareness of the particular issues that affect them and their relationships.

'PROUD 2 CONNECT' is a new service provided by **RELATE** in partnership with **BRIGHTON & HOVE LGBT SWITCHBOARD**. The service provides relationship counselling to LGBT people, delivered by Relate counsellors who identify as LGBT, and have been specifically selected for this project.

'PROUD 2 CONNECT' is here to help you. The counsellor's role is to listen, to encourage you to talk openly about your concerns, and to help you to reach your own decisions about the best way forward. Enquiries about the service can be made to either organisation.

relate
the relationship people



RELATE

01273 697997

reception@brightonrelate.org.uk

www.relate4u.org

BRIGHTON & HOVE LGBT SWITCHBOARD

01273 207050

brighton.manager@switchboard.org.uk

www.switchboard.org.uk/brighton

RELATE provides additional services such as family support, sex therapy, and life skills courses.

BRIGHTON & HOVE LGBT SWITCHBOARD also provides individual face to face counselling and a help-line and email enquiry service.

Information regarding any of these additional services can be obtained by contacting either organisation on the above numbers, or the **Switchboard help-line** on **01273 204050** from 5pm.