



FTMB

FTMB is a group for transgender men, gender queer people and those questioning their gender identity. They provide social spaces, support, advice and co-ordinate local campaigns relevant to FTM trans people.
ftmbrighton.org.uk
ftmbrighton@gmail.com

The Clare Project



The Clare Project is a self-supporting group open to anyone wishing to explore issues around gender identity. There is a weekly drop-in to meet others for support, as well as peer mental health support and low-cost psychotherapy.
www.clareproject.org.uk
clareprojectinfo@gmail.com

LGBT Police Team

LGBT hate crime is where someone is targeted because they are, or are perceived to be gay, lesbian, bi or trans. If you are affected by LGBT hate crime, you can get support from the LGBT Police Team. If you or someone else is in danger always call 999. In a non-emergency call 101 or email LGBT@sussex.pnn.police.uk



LGBT* Domestic Violence and Abuse Service

RISE has a specialist service to support LGBT* people in Brighton and Hove who have experienced violence or abuse from a partner, ex-partner or family member. For confidential support and advice contact the LGBT* Service.
lgbt@riseuk.org.uk
01273 622822 or 07581 466 438

This information was produced by the LGBT Health and Inclusion Project



Lesbian, Gay, Bisexual and Trans Support in Brighton & Hove



What does LGBT Mean?

LGBT stands for lesbian, gay, bisexual and transgender. They describe people's sexual orientation or gender identity.

Lesbian

A lesbian woman is one who is romantically, sexually and/or emotionally attracted to women.

Gay

A gay man is one who is romantically, sexually and/or emotionally attracted to men.

Bisexual

A bisexual person is someone who is romantically, sexually and/or emotionally attracted to people of both sexes.

Transgender or Trans

Is an umbrella term used to describe people whose gender identity (internal feeling of gender) and/or gender expression, differs from that usually associated with their birth sex.

Local Services

If you are LGBT, or are questioning your gender identity or sexual orientation, you can find free support around telling your family and friends, emotional wellbeing, sexual health, discrimination and reporting hate crime. There are also lots of opportunities to meet other LGBT people in the city.

This information sheet provides details of some key support agencies in the city, but there are lots more community groups locally and the organisations below can help signpost you to the service that will best meet your needs.



Brighton & Hove LGBT Switchboard

The LGBT Switchboard is here to listen to, inform and support LGBT people in Brighton & Hove. Services include a helpline, email & webchat service and face-to-face-counselling. Switchboard also runs the Older LGBT Project and the LGBT Health and Inclusion Project.
www.switchboard.org.uk
01273 204050 (from 5pm)



MindOut LGBTQ Mental Health Service

MindOut is a mental health service run by and for LGBT people with lived experience of mental health issues. They provide advice & information, advocacy, peer support group work, peer mentoring wellbeing activities, events, a food & allotment project and an out of hours online instant chat service.
www.mindout.org.uk
01273 234839



Allsorts Youth Project

Allsorts is a project to support and empower young people under 26 who are LGBT or unsure of their sexual orientation and/or gender identity. They offer group work, one-to-one support, parents group and volunteering opportunities.
www.allsortsyouth.org.uk
01273 721211