

Are you looking for support, connection or someone to talk to?

We provide **free, safe and inclusive** mental health and wellbeing support for LGBTQ+ people of all ages across Norfolk and Waveney.

You don't have to navigate things alone. We're here when you're ready. **Self-referrals welcome.**

Support can be accessed:

- Face-to-face
- Online
- Telephone



Find out more or get in touch:

Web: www.lgbtqproject.org.uk

Email: info@lgbtqproject.org.uk

Tel: 01603 219299

Text: 07526 635616



Compassionate support. Lasting change.

Registered Charity No. 1129770