

SUPPORTS AVAILABLE FOR LGBTQIA+ PEOPLE



lgbt.ie



teni.ie



mpower.hivireland.ie



outwest.ie



goshh.ie



outcomers.org



linc.ie



gayproject.ie



amachlgbt.com



outhouse.ie



theswitchboard.ie



victimassistance.ie



LGBT
IRELAND

For Inclusion
For Equality
For Everyone

LGBT Ireland is a national support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends. They offer a range of services which provide support and information on issues relating to sexuality and gender identity.

Non-judgmental, confidential listening and support is provided seven days a week through the telephone helpline 1800 929 539 and through their online instant messaging service.

Call: 1800 929 539
Email: info@lgbt.ie
Website: lgbt.ie



Transgender
Equality
Network
Ireland

Despite significant progress in the past years, Ireland remains a place where it is difficult for trans people to lead safe, healthy and integrated lives. TENI (Transgender Equality Network Ireland) is dedicated to ending transphobia, including stigma, discrimination and inequality. TENI engages in activities that promote the equality and well-being of trans people in Ireland. They work nationally in four main areas: healthcare, employment, education and legislation. There are three strands to their work: Advocacy, Education and Support.

Gender Identity Family Support Line
+353 (0)1 907 3707

Website: teni.ie



MPOWER

An initiative of  **HIV**
Ireland

The MPOWER Team is here to support you to have a safe and pleasurable sex life, free from harm.

We're available to chat with you on social media, hook-up apps, WhatsApp, phone, Zoom or email.

Call or text: 083 019 1286
Email: mpower@hivireland.ie
Website: mpower.hivireland.ie



OutWest is a voluntary social, support and advocacy group for LGBT+ people in the West of Ireland. The group aims to organise social outings and events several times a year in various venues in the West of Ireland, as well as doing advocacy and awareness work, including educational sessions, to benefit the LGBT+ community.

The OutWest LGBT Helpline operates every Thursday night from 8.00pm until 10.00pm. Call **094 937 2479** in confidence to speak to one of our fully trained volunteers.

Email:

info@outwest.ie

Website:

outwest.ie



GOSHH is a charity which provides a safe, confidential, welcoming environment for everyone we work with. Our office is based in Limerick City and we work throughout the Counties of Limerick, Clare, and North Tipperary. We focus on the promotion of equality and wellbeing of all with a positive and respectful approach to sexual orientation and gender diversity.

Confidential Helpline: 061 316661
Email: info@goshh.ie
Website: goshh.ie



Outcomers

LGBT SUPPORT SERVICE

Outcomers is an LGBT support service based in Dundalk that supports Louth, Meath, Cavan and Monaghan. .

Call or text:

087 620 0021 or 042 932 9816

Email:

bernardine@outcomers.org

Website:

outcomers.org



Outhouse

LGBT Community Resource Centre

Outhouse is a community and resource centre for LGBT people, their families, and friends.

Our mission is to provide a safe space which facilitates & encourages the growth of services & supports to the LGBT communities.

Call:


01 873 4999

Email:

info@outhouse.ie

Website:

outhouse.ie



SWITCH BOARD

LGBTQIA SUPPORT
& RESOURCES

We offer listening, support and information to all areas of the LGBTQIA community and to their families, friends and allies.

Call: 01 872 1055 Mon-Fri 18:30 - 21:00
01 525 3113 Sat-Sun 16.00 - 18.00

Email: ask@theswitchboard.ie

Website: theswitchboard.ie



federation for VICTIM ASSISTANCE

- Telephone Call Back Service
- Face-to-Face Meetings
- Court Accompaniment
- Onward Referral if Required
- Advice on Victim Rights/Charter

Call free:

1800 277 477

Email:

support@victimassistance.ie

Website:

victimassistance.ie