



NATIONAL LGBT+ SUPPORTS & SERVICES



BELONG TO YOUTH SERVICES (WWW.BELONGTO.ORG/ 01 670 6223)

National LGBTQ+ Youth Organisation supporting young people aged 14–23 yrs
Supports orgs and schools to create safe & inclusive spaces for LGBTQ+ youth.
Training provided



TRANS EQUALITY NETWORK IRELAND (WWW.TENI.IE/ 01 873 3575)

National organisation supporting trans people across Ireland whose mission is
to advance equality & inclusion & improve the lives of trans people & their families
Dedicated to ending discrimination, stigma and transphobia



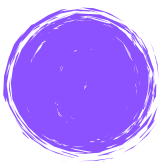
LGBT IRELAND (WWW.LGBT.IE/ 1800 929 539)

National support service for Lesbian, Gay, Bisexual, and Transgender
people and their families. Offers a range of services which provide support and
on issues relating to sexuality and gender identity



NATIONAL LGBT HELPLINE (WWW.LGBT.IE/ 1800 929 539)

This service is a free, confidential and non-judgemental phonenumber for LGBT+ people and
their families. Available 7 days a week
Mon–Thurs 6:30pm–10pm
Thurs–Sun 4pm–6pm



TRANSGENDER FAMILY SUPPORT LINE (WWW.LGBT.IE/ 01 907 3707)

. Provides support and information for trans people and their families.
Run by non-judgemental volunteers
Tues– 10am–12pm/ Sun– 6pm–9pm)



LGBT+ TELEFRIENDING SERVICE (WWW.LGBT.IE/ 01 437 1209/TELEFRIENDING@LGBT.IE)

Telefriending is an opportunity for older community members to connect with another person
who identifies as LGBT+
Mutual connection and support by telephone.
Confidential telephone call once per week with trained volunteers



24/7 ANONYMOUS TEXT SUPPORT – LGBTI+

24/7 Anonymous Text Support: Text LGBTI+ to 086 1800 280.

INSTANT MESSAGING SUPPORT SERVICE

Open 7 days per week– 6:30pm–10pm Mon–Thurs/ Fri– 4pm–10pm/ Sat & Sun– 4pm–6pm
<https://lgbt.ie/instant-messaging-support-service/>



OTHER SUPPORTS

Information, support & training: LGBTI– HSE.ie
Urgent out of hours support: Pieta House 24 hour helpline 1800 247 247
Pieta House 24 hour texting service: Text 'HELP' to 51444
Samaritans 24–hour free helpline: 116 123