

Service Name and Contact	Services	Additional info
Trans-Specific Services		
<p>Clinic-T – Trans Sexual Health Support</p> <p>01273 523388</p> <p>http://brightonsexualhealth.com/service/clinic-t/</p>	<ul style="list-style-type: none"> • Information and advice on all aspects of sexual health, including HIV, healthy sexual relationships and pregnancy. • Testing and screening in relation to sexual health • Vaccine programmes • Support following sexual violence or assault • Pregnancy testing • Free condoms and lube 	<p>Hosted once a month, on a Wednesday evening. Dates and times on the website. Although Clinic-T is orientated around sexual health, you can seek advice relating to experiences with mental health, hormones or other concerns, whereby a clinician may be able to signpost you to another useful service.</p> <p>Contact time estimation: Immediate (phone)</p>
<p>Switchboard – Trans Survivors</p> <p>01273 249009</p> <p>Orla.White@switchboard.org.uk</p> <p>www.switchboard.org.uk/projects/trans-survivors-switchboard/</p>	<ul style="list-style-type: none"> • Support for trans/non-binary people who have been victims of violence or hate crime • General support for the community 	<p>Monthly drop-in, last Wednesday of the month at Possibility Place 7-9pm. Helpline/live chat 3-5pm Sundays – via website or 01273 204050</p> <p>Contact time estimation: 1 week</p>
<p>Navigate – Trans-masculine support group</p> <p>navigatebrighton@gmail.com</p>	<ul style="list-style-type: none"> • Trans-masculine support group • Meets once a month • Occasional socials • Grassroots peer support 	<p>Email for more information – irregular meeting patterns</p>
<p>AllSorts Youth Project – Transformers (Ages 16-25 only)</p> <p>01273 721211</p>	<ul style="list-style-type: none"> • Hosts a monthly support group for young trans/nb or questioning people • Provides support, activities and a meal 	<p>Transformers is organized and ran by trans/nb facilitators, who can offer a safe space for you to socialize and meet other trans/nb people. They can</p>

<p>Ryangingell@allsortsyouth.org.uk</p>	<ul style="list-style-type: none"> • Can offer further guidance and support 	<p>also offer support and advice for young people living in Sussex. Please note, initial contact is required before attending any services.</p> <p>Contact time estimation: 1 week</p>
<p>Trans Addiction Recovery Brighton</p> <p>www.facebook.com/groups/1150268391781521/</p>	<ul style="list-style-type: none"> • A grassroots peer support group for those experiencing difficulties with alcohol or substance misuse • Monthly meetings 	<p>TARB meets monthly and operates via a Facebook page entitled: Trans Addiction Recovery Brighton. It is community-led group ran by trans/nb people, and not a registered charity or organization.</p>
<p>Trans Pride Brighton</p> <p>https://transpridebrighton.org/</p> <p>Facebook: Trans Pride Brighton</p> <p>Events@transpridebrighton.org</p>	<ul style="list-style-type: none"> • Socials throughout the year, leading up to the Trans Pride Brighton Official Program in July • Volunteering opportunities 	<p>Trans Pride Brighton is running into its seventh year in operation and attracts thousands of service users every year. It provides a great opportunity to socialize, especially in the TPB week in July, and is ran by the community. This is a charity organization that is grassroots-led.</p>
LGBTQ+ Specific Services		
<p>Switchboard</p> <p>01273 249009</p> <p>Brighton.admin@switchboard.org.uk</p> <p>https://www.switchboard.org.uk/</p>	<ul style="list-style-type: none"> • LGBTQ Helpline • Disability Project • Older Persons' Support • Rainbow Café (Dementia support) 	<p>All services are trans-inclusive with further information of dates, times, meetings and helplines available on our website. You can get in touch any time.</p> <p>Contact time estimation: immediate (unless closed)</p>
<p>MindOut LGBTQ Mental Health Support</p> <p>01273 234839</p>	<ul style="list-style-type: none"> • Peer support groups • 1-2-1 counselling • Advocacy (also Trans Advocacy) • Suicide Prevention 	<p>MindOut provide a variety of different support options, including advocacy that helps with empowerment and representation of the</p>

<p>Info@mindout.org.uk</p>	<ul style="list-style-type: none"> • Online webchat support 	<p>trans-community, and volunteer-led support groups. They can also offer counselling sessions.</p> <p>Contact time estimation: 1 week</p>
<p>RISE: Support for those experiencing Domestic Violence (DV)</p> <p>01273 622828</p> <p>Madeleine.scott@riseuk.org (Specialist LGBTQ+ Support Officer)</p>	<ul style="list-style-type: none"> • Support for those currently, or previously victims of DV • LGBTQ+ refuge housing available • Can provide up to 8 1-2-1 support sessions • Healthy relationships workshops 	<p>RISE provides support for anyone experiencing, or who has experienced DV. This is a service inclusive of all genders, and has a specialist LGBTQ+ worker who has experience of working with trans/nb service users.</p> <p>Contact time estimation: 1 week initial contact, 2-3 weeks to meet with someone</p>
<p>AllSorts Youth Project (Ages 5-25 only)</p> <p>01273 721211</p> <p>Katievincent@allsortsyouth.org.uk</p>	<ul style="list-style-type: none"> • Support groups and activities for young LGBTQ+ people • Parent of LGBTQ+ people peer support groups • Can provide LGBTQ+ awareness training • 	<p>AllSorts is hosted in the Young People's Centre in Brighton, and can provide support for young LGBTQ+ or questioning people across Sussex. Please note, initial contact is required before attending any services.</p> <p>Contact time estimation: 1 week</p>
<p>Pavilions: Adult LGBT Drug and Alcohol Support service</p> <p>01273 731900</p> <p>Info@pavilions.org.uk</p>	<ul style="list-style-type: none"> • Support and advice concerning alcohol and drug use • Peer support groups and links to other resources • Rehabilitation service information • Information on how to use drugs and alcohol safely 	<p>Can offer person-centered support concerning drugs and alcohol misuse. Anyone experiencing mild-major difficulties with this can get in touch any time.</p>
<p>BHCC: LGBT Housing Advice</p>	<ul style="list-style-type: none"> • Offer support with regards to 	<p>Brighton and Hove City Council offer housing</p>

<p>www.brighton-hove.gov.uk/content/housing/general-housing/lgbt-housing-advice-services</p>	<p>homelessness, council housing, and housing advice for private rentals to anyone LGBTQ</p>	<p>support in a variety of ways. They can also signpost to useful groups or resources concerning LGBTQ+ friendly housing. Also can offer advice to anyone experiencing LGBTQ-orientated discrimination.</p> <p>Contact time estimation: 1 week</p>
<p>BLAGSS: Brighton Lesbian and Gay Sports Society</p> <p>https://www.blagss.org/contact</p>	<ul style="list-style-type: none"> • Various sports, activities and socials for anyone in the LGBTQIU+ community • Subsidized activities (subject to funding) • Membership includes discounts on local business' food and drink, retail and other activities 	<p>Most of BLAGSS activities run once a fortnight, however there are also monthly socials. Activities include walking, tennis, pub quiz trips, golf, football, netball and much more. Get in touch for more information.</p> <p>Contact time estimation: 1 week</p>
<p>Older & Out – LGBT support for those 50+</p> <p>01273 699000</p> <p>Info@olderandoutbrighton.org.uk</p>	<ul style="list-style-type: none"> • Community events, socials and trips • Telephone support and advice • Trips to activities outside of Brighton & Hove 	<p>Older & Out hosts monthly socials for those over 50 from the LGBTQ community. Activities include trips to theatres and galleries, coffee mornings with performances or guest speakers, and music concerts.</p> <p>Contact time estimation: 1 week</p>
<p>The Rainbow Hub – based on 93 St James St, Brighton.</p> <p>01273 675445</p> <p>Alan@therainbowhubbrighton.com</p> <p>https://therainbowhubbrighton.com</p>	<ul style="list-style-type: none"> • LGBTQ+ information, resources and advice • Physical drop-in shopfront for advice and information concerning services and activities happening in the Brighton & Hove area • Volunteering 	<p>The Rainbow Hub operates out of a shop on St James St and has access to both online and physical resources on LGBTQ+ services and activities within the area. It is ran by volunteers and staffed at various times Monday-Saturday, with</p>

	workshops, get-togethers and socializing opportunities	
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