

New LGBTI+ Online Support Hub to direct LGBTI+ youth to a range of free, confidential support services.



Growing up can be tough and being LGBTI+ can bring more challenges. Taking the brave step of opening up to someone about your worries and fears, no matter how big or small, is worth it. This Better Out Than In hub allows you to check out a range of face to face, online, phone and text supports and discover which one feels best for you.

Check out www.belongto.org – click on 'young people', then move your cursor over 'advice' to see the link for 'Better Out Than In'.

On this page you can see the range of services available and also watch videos of some of your favourite LGBTI+ activists, TikTokers, athletes and those who you simply admire to talk about the importance of opening up about their mental health including Celtic Tigress, Ollie Bell, Valere Mulcahy and Yasmin Benoit.

FOR 24/7 ANONYMOUS TEXT SUPPORT

If you need support about any type of crisis, you can chat in confidence, 24/7 with a trained crisis volunteer through the Crisis Text Line. Connect with a trained volunteer who will listen to you and help you move towards feeling better. Here's how the support service works:

1. Text LGBTI+ to 50808 anytime when you need support. [This is a free 24-hour service.](#)
2. A trained volunteer will listen to you and help you think more clearly, enabling you to know that you can take the next step to feel better.

You can find support for urgent issues such as bullying, relationship breakdown, self-harm, suicidal thoughts and abuse or assault. This is a confidential service, using a secure online platform and is free to use.

Text LGBTI+ to 50808 to begin