



Arcus

FREE* Counselling Service:

- OPEN TO ANYONE ON BENEFITS OR LOW INCOME regardless of whether LGBT+ or not
- 1 to 1 sessions, in person, by phone, skype or zoom
- NO COST—COUNSELLING IS FREE*
- Quick turn-around from referrals
- Refer yourself directly at <https://arcuslgbt.com/counselling/> or by calling us on 07434 794 059

ARCUS HELPLINE—01325 978 007

- Open Monday to Friday 6pm to 10pm
- Speak directly with a counsellor
- FREE to access
- Anxiety, loneliness or anything else!
- Signposting, information and onward referrals

LGBT+ Social Support:

- In person at our centre
- Arcus Forum and Help Pages [visit our website]
- Online via monitored Facebook presence visit us with the link on the right.
- FREE to access

LGBT + Awareness Training:

- High quality LGBT+ awareness training around LGBT+ culture and life
- Written by real LGBT+ people
- Available to anyone; individuals or organisations
- Complete in-person within our centre, online via remote training delivery, or on-site at your venue
- Delivered by a Certified Trainer

*Evidence of low income may be required

07434 794059

www.arcuslgbt.com

contact@arcuslgbt.com



@arcussupport

By Post:

Cornerstone Arts Building,
70 Northgate
DARLINGTON, DL1 1PR