



Arcus

Counselling:

- Designed for people who are on benefits or a low income
- Cost of £1 per session [10 sessions]
- 1 to 1 sessions, by phone or video link
- Talk to us about anything you need support with
- Quick turn-around from enquiry to appointment
- Initial Assessment conducted
- Start your counselling now by calling 01325 978 810

Arcus Support Line:

- Open Monday to Saturday 6pm to 10pm
- **Call Support Line on 01325 978 007**
- **Outgoing support calls** direct to you—book through website
- Speak directly with a trained counsellor
- Free, discreet, confidential and non-judgemental
- Call and speak to us about anything you want support with
- Signposting, information and onward referrals

LGBT+ Social Support:

- Online via monitored Facebook and Twitter pages
- SUPPORT GROUPS—Adults and Young People—see website
- Arcus Forum [regular discussion meeting—see website]
- Arcus Help Pages [visit our website]
- Free to access

LGBT + Awareness Training:

- Delivered by a Certified Trainer & CPD Accredited organisation
- Available to anyone; individuals and/or organisations
- Reasonably priced [contact us for details]

www.arcuslgbt.com

contact@arcuslgbt.com

Office:

01325 978 810

Mon to Sat 10am –6pm

Support Line:

01325 978 007

Mon to Sat 6pm—10pm



@arcussupport



@ArcusLGBTcic