

## LGBTQI- Helpful Links and Resources:



**JIGSAW**  
Young people's  
health in mind



**Transgender  
Equality  
Network  
Ireland**

BeLonG To: They provide support and information for LGBTI+ young people through a number of support services:

- Visit Monday Chats: This provides a safe chat place for young people. On Monday 3-7pm. They will provide you with information, support and a listening ear. Service is available for 14–23 year olds and is free of charge. To book an appointment email: [info@belongto.org](mailto:info@belongto.org) or call: 01 670 6223.
- BeLonG To also support many youth groups around the country. Call or email them to get information on the many youth groups around the country.
- Phone: 01 670 6223 (we are open Mon-Fri, 9am-5pm)
- Email: [info@belongto.org](mailto:info@belongto.org)
- BeLonG To/Pieta House Counselling Service: This is free support for LGBTI+ young people in the Dublin area. Call 01 623 5606 or email [lgbt@pieta.ie](mailto:lgbt@pieta.ie) to book an appointment today.
- Jigsaw: Free service offering support and advice to young people aged 12-25, experiencing mental health difficulties. [www.jigsaw.ie/help](http://www.jigsaw.ie/help)
- Your Mental Health: A place to learn about mental health and how to support yourself and others. [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)
- Samaritans: Provides confidential non-judgmental support, 24 hours a day. [www.samaritans.org](http://www.samaritans.org) Call: 116 123
- Transgender Equality Network Ireland (TENI) seeks to improve conditions and advance the rights and equality of trans people and their families. Their vision is an Ireland where trans people are understood, accepted and respected, and can participate fully in all aspects of Irish society.
- Visit Website: [www.teni.ie](http://www.teni.ie) Call: 01 873 35 75
- Gay Switchboard Ireland provides a confidential telephone support service. Listening, support, and information are provided to all callers in a non- directive or judgmental way. The service is available to the LGBT community, their parents, families and friends. Visit Website: [www.gayswitchboard.ie](http://www.gayswitchboard.ie) Call: 01 872 1055
- Outhouse is a community and resource centre for LGBT people, their families and friends. It is based in central Dublin. Its primary goal is to offer a safe space for people to inform, meet, organise and make things happen
- Visit Website: <http://outhouse.ie> Call: 01 873 4999