



# Arcus

## Counselling:

- Free for people who are on benefits or a low income
- 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
- Continuous sessions, as many appointments as you need
- Start your counselling now by calling the number to the right [office 01325 978 810]

## Arcus Support Line:

- Open Monday to Saturday 6pm to 10pm

**Call Support Line on 01325 978 007**

- 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 page - including local groups
- Online via monitored Twitter feed
- Arcus Forum [regular discussion meeting—see website]
- Arcus Help Pages [visit our website]
- Free to access

## LGBT + Awareness Training:

- Quality training on LGBT+ awareness, written by LGBT+ people
- Available to anyone; individuals and/or organisations
- Reasonably priced [contact us for details]
- Delivered live online and/or on site at your venue
- Delivered by a Certified Trainer & CPD Accredited organisation

[www.arcuslgbt.com](http://www.arcuslgbt.com)

[contact@arcuslgbt.com](mailto:contact@arcuslgbt.com)

Office:


**01325 978 810**


Mon to Sat 10am –6pm

Support Line:

**01325 978 007**

Mon to Sat 6pm—10pm

 [@arcussupport](https://www.facebook.com/arcussupport)

 [@ArcusLGBTcic](https://twitter.com/ArcusLGBTcic)