

Switchboard helpline

Switchboard helpline is a LGBTQ+ support helpline. It's a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They support you to talk things through and explore the right options for you.

Volunteers, who also identify as LGBT+, provide support and information by phone, email and instant messaging service on their website. It's a confidential and non judgemental service. Nothing is off limits.

For example, you may want to call to talk about: feeling isolated in your community, coming out and want to talk to someone who's been through it, how to put a condom on without being embarrassed, or where they can meet other people in your area.

Last updated: October 27, 2025

Website: <https://switchboard.lgbt/>

Helpline: 0300 330 0630

Open 10am to 10pm every day

Email: chris@switchboard.lgbt

Email 2: admin@switchboard.lgbt

Twitter: <https://twitter.com/switchboardlgbt>

Facebook: <https://www.facebook.com/switchboardLGBT>

Cost: Free

Address:

Switchboard
PO Box 7324
London
N1 9QS

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