

Lesbian, Gay, Bisexual, Transgender plus (LGBT+) supports

Supports for Students

In school Support

Ms Johnson, the school counsellor is available in Room 1/27. She can be contacted at amj@naascbs.ie or at 045 866 402 ext 4

Ms Costello and Ms Conneely, the school guidance counsellors are also available to support students.

- Ms Costello can be located in Room 1/8 or contacted at mc@naascbs.ie
- Ms Conneely can be located in Room 1/9 or contacted at mcy@naascbs.ie

Local Supports

KLGBT

Canal Stores, Basin Street, Naas, Co. Kildare

T +353 45 897 893

E klgbt@kys.ie

W <http://www.kys.ie/projects/klgbt>

Kildare Youth Services (KYS) have launched a new weekly Lesbian, Gay, Bisexual & Transgender (LGBT) Drop In Centre for Young People between 14 – 18 years of age. This Drop In Centre is free of charge for Young People from County Kildare and it will take place every Saturday from 3:30 – 5:30pm in Naas.

Sunrise LGBT Kildare

E sunrise.lgbt@gmail.com

W www.facebook.com/sunrise.lgbt.kildare/

Sunrise LGBT Kildare is a county wide Lesbian, Gay, Bisexual and Transgender support and social group in County Kildare.

National Supports

BeLonG To: If you LGBTI+ and have questions, worries, or just need to have a chat in a safe space, BeLonG To has a service ‘Monday Chats’ between 3-7pm and they will provide you with information, support, and a listening ear. This service is for 14-23 year-olds and is free of charge. To book an appointment email: info@belongto.org or call: 01 670 6223.

24/7 Anonymous Text Support

If you need support about any type of crisis, you can chat in confidence, 24/7 with a trained crisis volunteer over text. Connect with a trained volunteer who will listen to you and help you move towards feeling better. Here’s how the support service works:

1. Text LGBTI+ to 086 1800 280 anytime when you need support. *Standard SMS rates may apply.*
2. A trained volunteer will listen to you and help you think more clearly, enabling you to know that you can take the next step to feel better.

The National LGBT Helpline provides a confidential, listening, support and information service to lesbian, gay, bisexual and transgender (LGBT) people. The service is also used by people who are questioning if they might be LGBT, as well as the family and friends of LGBT people and professionals looking for information. The service is volunteer-run and operates Monday to Friday from 7 to 9pm.

Visit Website: www.lgbt.ie Call: 1890 929 539

Pieta House offers free specialised treatment to clients who self-harm, suffer from suicidal ideation or have made multiple suicide attempts. Clients receive an intensive programme of one-to-one counselling lasting about four to six weeks. They have branches across Ireland in Ballyfermot, Finglas, Lucan, Limerick, Tallaght, Kerry, Tipperary and Galway.

Visit Website: www.pieta.ie Call: 1800 247 247

Samaritans provides confidential non-judgmental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide.

Visit Website: www.samaritans.org Call: 116 123

Your Mental Health is a place to learn about mental health and how to support yourself and others. Find resources and support services near you

Visit Website: www.yourmentalhealth.ie

Jigsaw offers a free service providing support and advice to young people (aged 12-25) experiencing mental health difficulties.

Visit Website: www.jigsaw.ie/help

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 Call: 01 873 35 75

[Supports for Parents](#)

BeLonG To: <https://www.belongto.org/parents/parent-support-groups/>

When your child comes out as LGBT+, it is normal to experience mixed emotions. Some parents feel a sense of loss that the person they knew so well seems to have changed. Others worry for their child's safety or what the neighbours and other family members will think. You are not alone in this experience. These are common feelings of parents who have heard the news that their child is LGBT+. You are here because you want to support your child. But you also need to support yourself.

LOOK (Loving Our Out Kids), our partner parents support group can offer you further personal support and advice. LOOK meet on the first Thursday of every month at 8pm at BeLonG To, 13 Parliament Street, Dublin 1. You can also call them on 087 253 7699 or email info@lovingouroutkids.org to talk.

LGBT Ireland offers support for families and friends: <https://lgbt.ie/get-information/family-and-friends/>