

## LGBTQ+

The following organisations have social media or a website for more information



**RUcomingout.com** is a website which has over 300 real life coming out stories written by people from all over the world. It offers advice and guidance for young people.



**Cumbria Pride** is a volunteer-led community organisation established in 2009 that seeks to ensure that the LGBTQ+ community of Cumbria and its supporters are recognised, celebrated, and supported through an annual Pride event.



**LGBT HQ** based in Carlisle is home to several independent charities and community groups. LGBTQ+ centre for information, advice, support services, social venue and cafe.



**Always Another Way** are a group of like-minded friends and volunteers in Cumbria, presently working within the Copeland and Allerdale areas.



**Stonewall** campaign for the equality of lesbian, gay, bi and trans people across Britain and abroad. Acceptance without exception.



**Switchboard** is a confidential listening service for the LGBTQ+ communities. They offer support across their helpline, email and instant messaging, 10am-10pm daily.