



Our trained LGBTQ + adult mentors provide a regular safe and supportive space for LGBTQ + young people (aged 13+) to discuss the things that are important to them.

“Having an LGBTQ+ mentor has given me so much confidence in my identity.”
LGBTQ+ young person

Mentor sessions can cover a variety of topics including



Support accessing groups

Exploring gender or sexuality

Planning for the future

Anything else that is important to the young person

LGBTQ+ and looking for support online?
Chat to us on
Proud Connections Live Chat



theproudtrust.org/proud-connections

You can also contact us on
proudmentors@theproudtrust.org

delivered by

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find us      Charity number: 1161102