

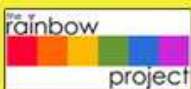
GAY OR BISEXUAL?

Not sure? Think you might be?

THE RAINBOW PROJECT is an organisation for gay and bisexual men in N. Ireland.

We have a **COUNSELLOR** for young men who you can talk to if you're feeling worried, upset, or just having a bad day.

I wish I could talk to someone in confidence who will understand



Professional Counselling for Young Gay & Bisexual Men

All our counsellors are **GAY** or **BISEXUAL** themselves and have received **SPECIALIST** training on how your sexual orientation can affect your life and well-being. You can talk to us about anything – coming out, relationship problems, being bullied at school, feeling down, low self-esteem, self-harm, whatever – **IF IT'S IMPORTANT TO YOU, IT'S IMPORTANT TO US.**



TO MAKE AN APPOINTMENT: TEXT US 07858 659 368,

PHONE US (028) 9031 9030,

EMAIL US counselling@rainbow-project.org

The Rainbow Project provides its counselling services in our Belfast Centre @ 2-8 Commercial Court, Belfast; and in our Foyle Centre @ 12a Queen Street, L'Derry. More info online at www.rainbow-project.org
Our Young Men's Counsellor is funded by **Children In Need.**