

You do not need to label yourself

You may be familiar with the terms Lesbian, Gay, Bisexual, Transgender (LGBT) which are important identities for many of us, but for others they may seem like labels that limit or wrongly label some of us.



Straight

People who find members of the opposite sex attractive.




Gay

Refers to a man who has an emotional, romantic and/or sexual orientation towards men. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian.



Lesbian

Refers to a woman who has an emotional, romantic and/or sexual orientation towards women.



Bisexual
or Bi

Refers to a person who has an emotional and/or sexual orientation towards more than one gender.



Trans

Umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, cross dresser, non-binary, genderqueer (GQ).



The first step many people can take is to accept themselves for who they are and how they feel. This takes time and can be stressful.

If you would like to talk through your issues surrounding your sexuality or gender identity, or you wish to understand and support someone close to you. Contact Outline's Helpline service, where our trained volunteers are on hand to provide confidential information and support.



For information or support:

01483 727667

Helpline@outlinesurrey.org.uk

Charlie@outlinesurrey.org.uk

<https://outlinesurrey.org.uk>

Support is available on
Sunday's, Tuesday's and Thursday's 19:30-22:00

Use the contact form on our website
Send us an Email/Use Online Chat

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