

Service	Cost	Details	How to Access
Counselling	Fee of £1 per session for those on limited or low income	One to one counselling therapy initial course of 10 sessions	To book yourself in visit: <a href="https://arcuslgbt.com/referral-form/">https://arcuslgbt.com/referral-form/</a>
Welfare & Mentoring	Fee of £1 per session for those on limited or low income	1:1 Support with your own dedicated Support Worker initial course of 5 sessions	To book yourself in visit: <a href="https://arcuslgbt.com/referral-form/">https://arcuslgbt.com/referral-form/</a>
Support Line [Inbound]	FREE Call us about anything!	Call our support line 7 days a week 6pm till 10pm.	01325 97 80 07
Support Line [outbound]	FREE Talk to us about anything!	We can call you From our Support Line! 7 days a week 6pm till 10pm	Call to book your calls on 01325 978810 / 01325 978007 or visit: <a href="https://arcuslgbt.com/sl/">https://arcuslgbt.com/sl/</a>
Social Support	FREE	Social Support and Information	To find out more <a href="https://arcuslgbt.com/socialsupport/">https://arcuslgbt.com/socialsupport/</a>
Social Media	FREE	Monitored Social Media Platforms	Visit: <a href="https://arcuslgbt.com/socialsupport/online-support/">https://arcuslgbt.com/socialsupport/online-support/</a>
Arcus Forum	FREE	Monthly discussion and action forum with local authority and local police	Visit: <a href="https://arcuslgbt.com/socialsupport/arcus-forum/">https://arcuslgbt.com/socialsupport/arcus-forum/</a>
LGBT+ Awareness Training	£39.50pp or £250 for a group of 30	High quality LGBT+ Awareness Training from a CPD provider	Visit: <a href="https://arcuslgbt.com/lgbttraining/">https://arcuslgbt.com/lgbttraining/</a>