

| Service | Cost | Details | How to Access |
|--------------------------|---|---|---|
| Counselling | We have three levels of tariffs: Reduced rate of £20 for an entire block of sessions. Standard rate of £25 per session. We can also totally fee remit in some cases. As part of your assessment, we will complete a means test to ascertain the correct fee level for you. | One to one counselling therapy initial course of 8 sessions | To book yourself in visit: https://arcuslgbt.com/referral-form/ |
| Welfare & Mentoring | We have three levels of tariffs: Reduced rate of £10 for an entire block of sessions. Standard rate of £25 per session. We can also totally fee remit in some cases. As part of your assessment, we will complete a means test to ascertain the correct fee level for you. | 1:1 Support with your own dedicated Support Worker initial course of 5 sessions | To book yourself in visit: https://arcuslgbt.com/referral-form/ |
| 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: https://arcuslgbt.com/sl/ |
| Social Support | FREE | Social Support and Information | To find out more https://arcuslgbt.com/socialsupport/ |
| Social Media | FREE | Monitored Social Media Platforms | Visit: https://arcuslgbt.com/socialsupport/online-support/ |
| Arcus Forum | FREE | Monthly discussion and action forum with local authority and local police | Visit: https://arcuslgbt.com/socialsupport/arcus-forum/ |
| LGBT+ Awareness Training | £39.50pp or £250 for a group of 30 | High quality LGBT+ Awareness Training from a CPD provider | Visit: https://arcuslgbt.com/lgbttraining/ |