

Service	Cost	Details	How to Access
Counselling	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.	One to one counselling therapy initial course of 8 sessions	https://arcuslgbt.com/counselling-referral-self-assessment/
Well-Being & Mentoring	Reduced rate of £10 for an entire block of sessions. Standard rate of £15 per session. We can also totally fee remit in some cases.	1:1 Support with your own dedicated Support Worker initial course of 5 sessions	https://arcuslgbt.com/11-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/
Arcus Forum	FREE	Monthly discussion and action forum.	https://arcuslgbt.com/arcus-forum/
LGBT+ Awareness Training	£40pp or £300 for a group of 30	High quality LGBT+ Awareness Training from a CPD provider	https://arcus.teachable.com/p/lgbt-awareness-inclusion