

SoBS
invites you to

SpeakOUT

A safe space to talk about **LGBTQ+** suicide loss

SpeakOUT is a free & confidential online peer-support group for anyone who identifies as LGBTQ+ who has lost a loved one to suicide. We also support the loved ones of an LGBTQ+ person who has died by suicide.

Meeting (virtually)

The last Monday of the month

7pm - 9pm

If you need to speak to someone urgently please call:

Survivors of Bereavement by Suicide support line
Open 9am - 7pm every day.
0300 111 5065

Switchboard - the national LGBTQIA+ support line
Open 10am - 10pm every day.
0800 0119 100



For more information:

 speakout@uksobs.org

 www.uksobs.com