

LGBT+ or Questioning?

Do you identify as LGBT+ or are you questioning your sexuality or gender identity?

Are you under 21 or up to 25 with additional needs? Then Breakout is for you!



SUPPORTED BY



CONTACT US

If you have any questions or would like to be referred to a Breakout Youth Group please contact us.

 **Call: 02380 224 224**

 **hello@breakoutyouth.org.uk**

 **'Breakout Youth Project'**

 **@Breakout_Youth**

 **breakout_youth_uk**

 **www.breakoutyouth.org.uk**

Breakout Youth is an independent charity hosted by No Limits
www.nolimitshelp.org.uk



Breakout Youth
35 The Avenue, Southampton SO17 1XN
Registered Charity Number: 1180296
Company Registration Number: 11537821

Supporting the diversity and well-being of young people



Support | Respect | Diversity

www.breakoutyouth.org.uk

How can Breakout Youth help you?

Youth groups across Hampshire & the Isle of Wight where you can meet with young people that identify as LGBT+ or who are questioning their sexuality or gender identity.

Informative, empowering talks relevant to LGBTQ+ young people.

Access to other services that may help you.

One to one support with talking to people about your sexual orientation and/or gender identity and other specific needs.

Sexual health advice and support from qualified sexual health workers with access to free contraception.

Helping you to find ways to cope with challenges in your life and support you to stay safe in your relationships and your community.

023 80 224 224

hello@breakoutyouth.org.uk

www.breakoutyouth.org.uk

Confidentiality

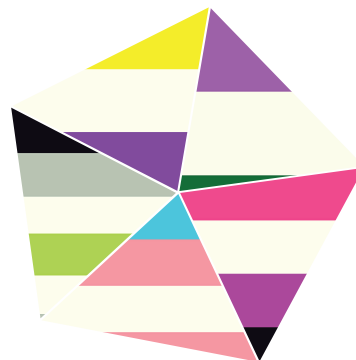
We believe you have a right to privacy so we offer a confidential service. Everything you tell us can remain confidential. This means we won't talk about any details you tell us to anyone outside of Breakout and No Limits unless there is a serious risk of harm to you or another person.

Safeguarding

We take action to promote the welfare of young people and protect them from abuse and harm. All our staff and volunteers are fully trained in safeguarding policies and procedures.

Equal Opportunities

All members, staff and volunteers of Breakout are treated fairly, with an equal right to access our services and an equal right to respect. We ensure that all groups and activities are accessible.



Our Services

A wide range of support services for young people and professionals on LGBTQ+ issues, including:

Regular confidential youth groups across Hampshire and the Isle of Wight.

Local activities and events providing enjoyment, support and valuable information.

One to one sessions for young people accessing Breakout.

Help with talking to others about your sexuality or gender identity.

Tailored training for any organisation including schools.



Support | Respect | Diversity