

**GUIDE TO**

**LGBTQI+**

SUPPORTS AND INFORMATION  
FOR THE  
DÚN LAOGHAIRE-RATHDOWN  
COMMUNITY



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## Líonraí Rannpháirtíochta Pobail DLR Public Participation Network DLR

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agus Pobail agus Gaeltachta  
Department of Rural and Community  
Development and the Gaeltacht



**Dún Laoghaire-Rathdown**  
County Council Comhairle Contae  
Dhún Laoghaire-Ráth an Dúin



ciste na  
gcuntas díomhaoin  
**the dormant  
accounts fund**



**LGBT  
IRELAND**

For Inclusion  
For Equality  
For Everyone

# INTRODUCTION

Welcome to the Guide to LGBTQI+ Supports and Information for the Dún Laoghaire-Rathdown (DLR) Community. As the Secretariat of the DLR Public Participation Network (PPN), we are delighted to present this resource, which aims to provide information and support for LGBTQI+ individuals and allies living within our community.

At the heart of the DLR PPN is our commitment to ensuring that every individual, regardless of their background, identity, or experience, has access to inclusive, empowering, and accessible services. We recognise the challenges faced by members of the LGBTQI+ community and the importance of fostering an environment of acceptance, respect, and understanding.

This guide has been carefully curated to highlight key services, support networks, and informational resources designed to assist LGBTQI+ individuals in navigating the supports available and to highlight the significant milestones for the LGBTQI+ community in Ireland. Whether seeking support, looking to connect with others, or simply wishing to learn more, we hope this resource serves as a comprehensive and welcoming point of reference for readers.

DLR PPN is here to listen to the voices of marginalised groups, including the LGBTQI+ community, and to ensure that all members feel heard, supported, and respected, which is a vital part of our Vision for Community Well-Being Statement, “A positive environment where all are cherished and nurtured, where equal opportunities and inclusion are the norm”. We invite the reader to explore and share this guide and to get involved in making DLR a place where equality and inclusion are at the forefront of our collective efforts.

Together, we can build a brighter, more inclusive future for everyone.

— The DLR PPN Secretariat

## WHY THIS GUIDE IS NEEDED

The LGBTQI+ community is a minority community, however it is a significant minority. A 2021 IPSOS survey<sup>1</sup> found that:

***On average, globally, 80% identify as heterosexual, 3% as gay, lesbian or homosexual, 4% as bisexual, 1% as pansexual or omnisexual, 1% as asexual, 1% as “other”, and 11% don’t know or won’t say.***

Research has indicated that approximately 8-10% of the population is LGBTQI+, as established by many research projects carried out across various Western Europe, North America and Australia, New Zealand. This means that in every group of 10 people or more there will be someone who is LGBTQI+- even if they have not disclosed this, if they remain ‘closeted’- or there will be someone who has a family member who is LGBTQI+ - a brother or sister, a mother or father, a son or daughter, an aunt or uncle or cousin.

The visibility of LGBTQI+ people relates to the level of safety they feel in being visible. Staying invisible, or ‘in the closet’, is a survival strategy for LGBTQI+ people who live in countries with very hostile and violent attitudes towards LGBTQI+ people. Currently in the world<sup>2</sup>, 65 countries criminalise private adult consensual same sexual activity. Of these, in 31 countries being in a same sex relationship can lead to imprisonment for up to 8 years. In 10 countries prison sentences are between 10 years and life in prison. In 12 countries being LGBTQI+ can lead to a death penalty. In all those countries there is an atmosphere of fear and threat if you are an LGBTQI+ person and so being visible is very risky and dangerous. Therefore, many remain invisible.

It is not that long ago in Ireland that this same invisibility was the norm. The religious, legal and societal beliefs, laws and attitudes left LGBTQI+ Irish citizens with difficult and scarce options- leave Ireland, as many did; or stay hidden, stay ‘in the closet’, remain invisible; or be open, be ‘out’ and risk losing one’s family, one’s job, one’s friends and so much more. Things are changing for the better in Ireland and there is now more visibility than ever before. But it is always important to remember that the invisibility of LGBTQI+ people does not mean they do not exist in an environment - a large family / extended family; a workplace; a community group; a GAA club and so on. It means that those LGBTQI+ people present in those environments may not yet feeling safe enough to be open about this part of who they are.

Given that LGBTQI+ people are part of our families, our communities, our clubs, our workplaces, it is very helpful when there is an awareness and understanding of the specific challenges which LGBTQI+ people face. This is more important than ever in these times of increasing online mis- and dis-information campaigns targeting the LGBTQI+ community.

A key challenge for many LGBTQI+ people is the higher instance of poorer mental health and wellbeing, which many experience for a period of their life. A recently published Irish research report<sup>3</sup> confirms that despite positive legal, societal and attitudinal changes towards the LGBTQI+ community in the last decade in Ireland, rates of severe stress, anxiety, depression and suicidality continue to increase comparative to people in Ireland who are not LGBTQI+.

In terms of young people who are LGBTQI+, the report- ***Being LGBTQI+ in Ireland. The National Study on the mental health and Wellbeing of the LGBTQI+ Community in Ireland (2024)***, found that:

- **12 years** - Is still the most common age to know they are LGBTQI+
- **14 years** - Most common age of young Trans participants living openly as their gender  
Most common age of self-harm and suicidal thoughts  
Most common age of telling someone for the first time they are LGBTQI+
- **15 years** - Most common age of first suicide attempt

The report found that for the LGBTQI+ community as a whole (all age groups), there is a worrying decline in the positive indicators of mental health and wellbeing since the study was last carried out in 2016:

- an 11% decrease in happiness
- a 6% decrease in high self-esteem
- a 7% increase in symptoms of severe / extremely severe depression
- an 11% increase in symptoms of severe / extremely severe anxiety
- an 8% increase in symptoms of severe / extremely severe stress

These increases are on 2016 levels- levels which were already greater by 2 and 3 times compared to non-LGBTQI+ people in Ireland. This disparity comes through again in the 2024 report and in some instances has increased, whereby young LGBTQI+ people experience

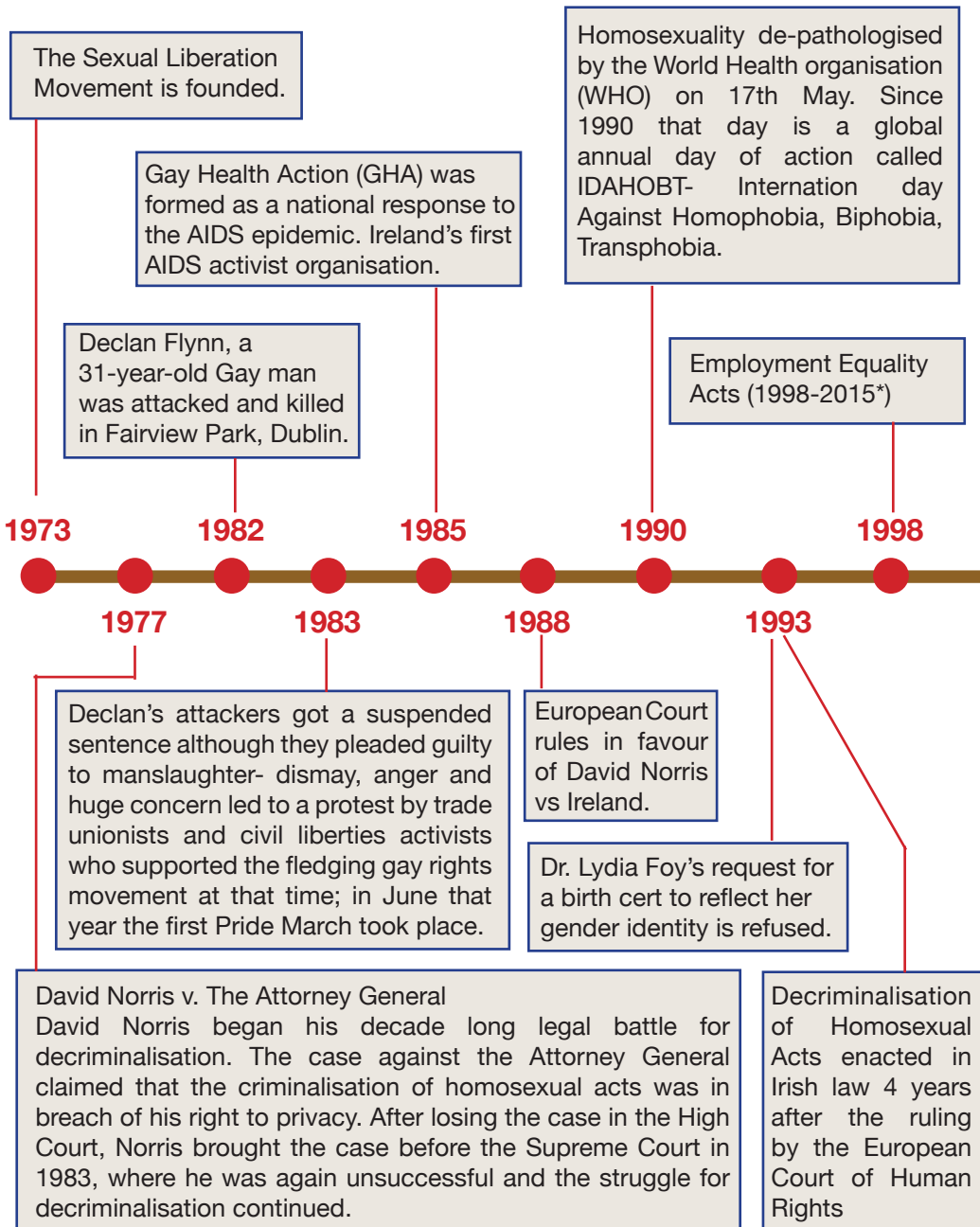
- 3 times the level of severe or extremely severe depression and anxiety
- 3 times the level of self-harm
- 5 times the level of suicide attempts

compared to young people who are not LGBTQI+.

This Guide hopes to build confidence that service providers, public representatives, civil society and community groups have clear and factual information about what being LGBTQI+ is, and the challenges LGBTQI+ people face. It also seeks to foster a sense of inclusion and belonging which may make it easier for LGBTQI+ people and their families to reach out for support This Guide signals to LGBTQI+ people they are safe and welcome in their local DLR community.

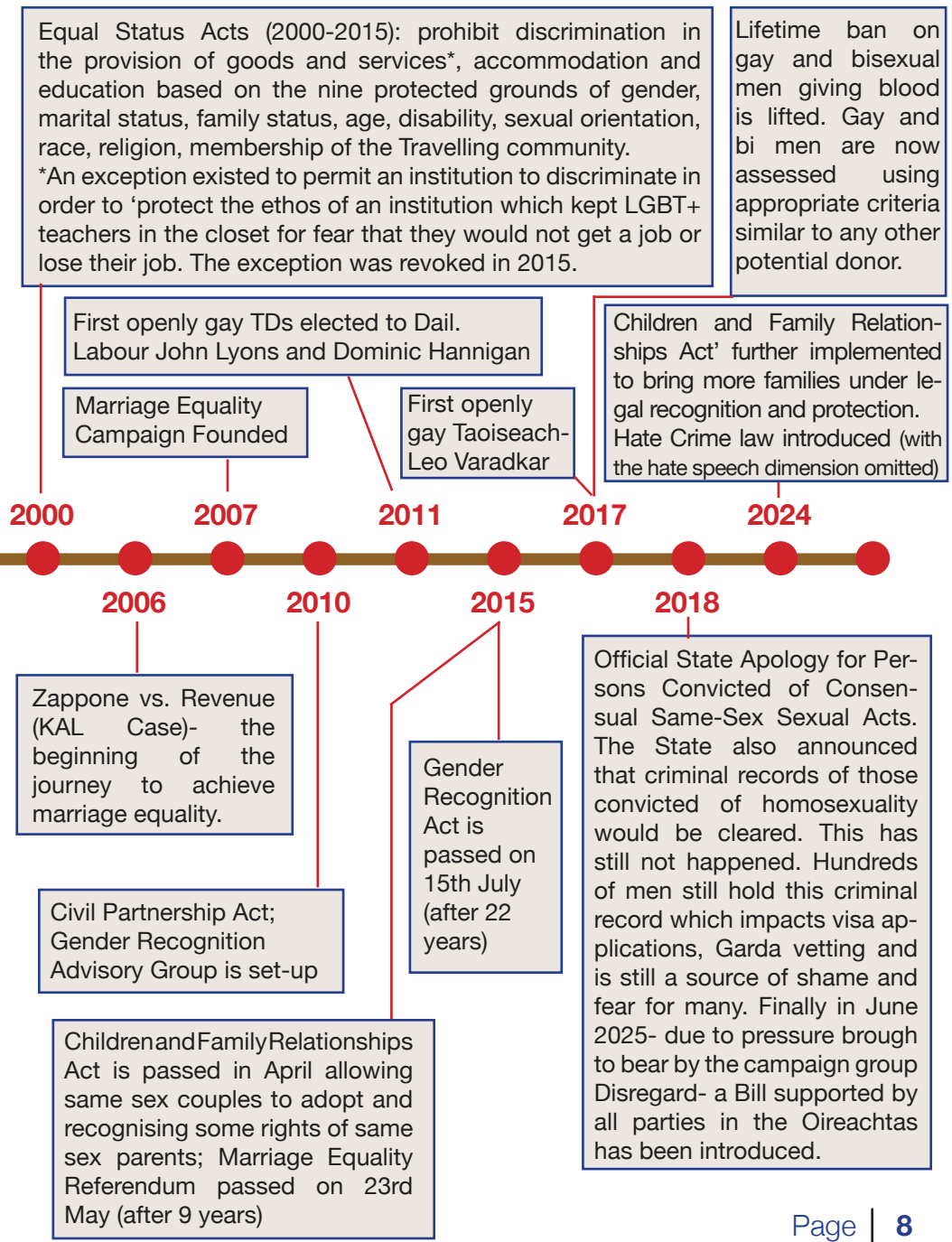
<sup>3</sup> Being LGBTQI+ in Ireland (2024) Higgins A; Downes C; O' Sullivan K; de Vries J; Mollay R; Monahan M; Keogh B; Doyle L; Begley T; Corcoran P

# PLOTTED TIMELINE OF LGBTQI+





# RIGHTS AND EQUALITY IN IRELAND





## WHAT THE LETTERS LGBTQI+ MEAN

L	LESBIAN = women attracted to other women
G	GAY = men attracted to other men, same-sex attraction
B	BISEXUAL = attracted to two or more genders
T	TRANS = does not identify with gender assigned at birth
Q	QUEER = umbrella term for LGBTQIA+, reclaimed slur
I	INTERSEX = sex-characteristics do not fit “male” nor “female”
A	ASEXUAL = experiences little to no sexual attraction
+	+ = other identities such as non-binary, pansexual etc.

Each letter in the LGBTQI+ acronym stands for **an identity or a very important part of someone's identity**. Identities are always evolving due to self-discovery and expression; greater insight and understanding into the experience of being a human; and the inevitable changes which come as one generation gives way to the next. Sexual and gender identities are part of this, and so in the future there may be other letters being added to the existing acronym, as letters have been added over the past 20 years.

What follows therefore is a **Glossary** of aspects of being human in terms of one's gender and sexuality:

## GLOSSARY OF TERMS

**ASSIGNED SEX** is the 'sex' one is assigned at birth by healthcare professionals, mainly based on one's genitals. Assigned sex can be understood as a spectrum rather than a binary, to include people who are intersex.

**AGENDER** is a term used to describe someone who identifies as having no gender, or gender identity, or identifies as non-gendered.

**AFAB** is an acronym which stands for Assigned Female at Birth and is a term used to describe someone whose sex was assigned as female at birth, typically based on their anatomical and other biological characteristics.

**AMAB** is an acronym which stands for Assigned Male at Birth and is a term used to describe someone whose sex was assigned as male when born, typically based on their anatomical and other biological characteristics.

**AROMANTIC** is a term used to describe someone who experiences little or no romantic attraction to others.

**ASEXUAL OR ACE** is a term used to describe someone who experiences limited or no sexual attraction.

**AROACE** is short for aromantic asexual and is a term used to describe someone who does not experience romantic or sexual attraction to others.

**BISEXUAL OR BI** is a term used to describe someone who is sexually and romantically attracted to multiple genders.

**BIPHOBIA** is a dislike, fear or hatred of bisexual people.

**CISGENDER OR CIS** is a term used to describe an individual's gender when their experiences of their gender correspond to the sex they were assigned at birth.

**COMING OUT** is a process that involves developing an awareness of one's LGBTQI+ identity, accepting one's sexual orientation or gender identity, choosing to share the information with others and building a positive LGBTQI+ identity. It not only involves coming out, but staying out and dealing with the potential challenges that one might encounter as an LGBTQI+ person. LGBTQI+ people do not come out only once but in every new group or workplace either because of incorrect assumptions being made about who they are, or to prevent incorrect assumptions being made.

**DEADNAMING** is the act of referring to a transgender or non-binary person by a name they used prior to transitioning, such as their birth name.

**DEMISEXUAL** is a term used to describe someone who feels sexual attraction only to people with whom they have an emotional bond.

**DETRANSITION** refers to the stopping or reversal of gender transitioning which could be social (gender presentation, pronouns), medical (hormone therapy), surgical, or legal. [There is scarce research data on % of Trans people who detransition, but the data which exists shows estimates of between 9-13%; the majority of reasons cited for detransition were external factors-pressure from family or community; very rarely was it an internal driver- questioning, doubting one's gender identity]

**DIY HRT** (do-it-yourself hormone replacement therapy) is a phenomenon where transgender people obtain and self-administer hormones as part of their medical transition without the guidance of a licensed medical provider. [In the absence of a functioning Transgender Healthcare Service more Trans people do DIY]

**FAMILIES OF CHOICE**, or 'friendship families', refer to non-familial social networks, which have been highlighted as playing a larger role in the lives of LGBTQI+ people when compared to heterosexual people.

**FEMALE-TO-MALE (FTM)** Transgender refers to a person assigned 'female' at birth but who identifies as male.

**GAY** is a term traditionally used to describe a man who is sexually and romantically attracted to other men. While the term 'lesbian' is typically used to describe women who are attracted to other women, many women with same-sex attractions self-identify as 'gay'.

**GBTQ** is an acronym for 'gay, bisexual, transgender, queer/questioning.'

**GENDER FLUID** refers to a person who does not feel confined by the binary division of male and female.

**GENDER IDENTITY** refers to how a person identifies with a gender category. For example, a person may identify as either male or female, or in some cases as neither, both or something else.

**GENDER NON-CONFORMING OR GENDER DIVERSE** is an umbrella term for the wide variety of gender identities that exist outside of the binary of man or woman and do not conform to traditional gender roles.

**GENDER AFFIRMING SURGERY** refers to a variety of surgical procedures by which the physical appearance and function of existing sexual characteristics and/or genitalia are altered to resemble the person's gender identity.

**GENDER CRITICAL** refers to beliefs about sex being biological and unchanging, while also opposing the idea of gender identity and gender identity-based rights.

**GENDERQUEER** is a term used to describe someone who possesses identities that fall outside of the widely accepted gender binary.

**GENDER-NEUTRAL LANGUAGE** is language that avoids reference towards a particular sex or gender.

**HATE SPEECH** is any kind of communication that attacks or uses pejorative or discriminatory language with reference to a person or a group based on race, ethnicity, religion, sexual orientation, or similar grounds.

**HETEROFLEXIBLE** is a term used to describe someone who primarily identifies as heterosexual, or "straight," but is sometimes attracted to the same sex.

**HETERONORMATIVE**, or the 'heterosexual norm', refers to the assumption that heterosexuality is the only sexual orientation. It is closely related to 'heterosexism' (see definition) and can often cause other sexual orientations to be ignored and excluded.

**HETEROSEXUAL** is a term used to describe someone who is sexually and romantically attracted to a person of the opposite sex.

**HETEROSEXISM** is the assumption that being heterosexual is the typical and 'normal' sexual orientation, with an underlying assumption that it is the superior sexual orientation. This assumption often results in an insensitivity, exclusion or discrimination towards other sexual orientations and identities, including LGBTQI+.

**HOMOPHOBIA** is a dislike, fear or hatred of lesbian and gay people.

**INTERNALISED HOMOPHOBIA** is the homophobia of a lesbian, gay, or bisexual person towards their own sexual orientation. It has been described as the conscious or unconscious incorporation of society's homophobia into the individual. It can be recognised or unrecognised by the individual but has been found to lead to struggle and tension, sometimes severe, for a person when dealing with their sexual orientation and identity.

**INTERNALISED STIGMA** occurs when a person cognitively or emotionally absorbs stigmatising assumptions and stereotypes and comes to believe and apply them to themselves.

**INTERSEX** is an umbrella term used to describe a variety of conditions in which a person is born with anatomy or physiology that does not fit societal definitions of female or male (e.g. sexual or reproductive anatomy, chromosomes, and/or hormone production).

**LESBIAN** is a term used to describe a woman who is sexually and romantically attracted to other women.

**LGB** is an acronym for 'lesbian, gay and bisexual'.

**LGBT** is an acronym for 'lesbian, gay, bisexual and transgender'.

**LGBTI** is an acronym for 'lesbian, gay, bisexual, transgender and intersex'.

**LGBTQI** is an acronym for 'lesbian, gay, bisexual, transgender, queer/questioning and intersex'.

**LGBTQI+** stands for 'lesbian, gay, bisexual, transgender, queer/questioning and intersex' with the '+' signifying inclusivity to all sexual and gender identities.

**LGBTQIA+** stands for 'lesbian, gay, bisexual, transgender, queer/questioning, intersex and asexual' with the '+' signifying inclusivity to all sexual and gender identities.

**LGBTQI+ BULLYING:** Bullying based on prejudice or discrimination towards LGBTQI+ people.

**LGBTQI+-FRIENDLY** refers to services, programmes, groups and activities which recognise, are inclusive of and welcoming to, LGBTQI+ people.

**LGBTQI+-SPECIFIC** is a term used to describe services, programmes, groups and activities that are aimed at and cater specifically to LGBTQI+ people.

**MALE-TO-FEMALE (MTF)** Transgender refers to a person assigned 'male' at birth but who identifies as female.

**MICROAGGRESSIONS** are brief and often subtle slights or derogatory acts, that may or may not be intentional but communicate negative viewpoints toward a person, for example, making flippant comments that are rooted in a heteronormative viewpoint.

**MINORITY STRESS** is based on the premise that LGBTQI+ people, like members of any minority group, are subject to chronic psychological stress due to their group's stigmatised and marginalised status. While LGBTQI+ people are not inherently any more prone to mental health problems than other groups in society, coping with the effects of minority stress can be detrimental to LGBTQI+ people's mental health which research to date strongly confirms is the case.

**MISGENDERING** is the act of using the wrong pronouns or gendered language when talking to or about someone.

**MSM** is an abbreviation for men who have sex with men.

**NON-BINARY** is a term used to describe someone whose gender identity is neither exclusively woman or man or is in between or beyond the gender binary. Non-binary people use gender neutral pronouns 'they-them'.

**OMNISEXUAL** is a term used to describe someone who is attracted to all genders.

**PRONOUNS-** using someone's correct pronouns is a way to respect them and create an inclusive environment, just as using a person's name can be a way to respect them. People use pronouns when speaking about us. The most common pronouns used are 'she' when talking about female; 'he' when talking about male; and 'they' when talking about a group of people or a non-binary person.

**PANSEXUAL** is sexual or romantic attraction toward people of any sex or gender identity.

**PANROMANTIC** is a term used to describe romantic attraction towards persons of every gender(s).

**QUEER** is an umbrella term used to describe people who are not heterosexual and/or are not cisgender. Queer was used as a slur against the LGBTQ+ community for many years and still can be. However, the word has been reclaimed by LGBTQ+ communities and many now embrace the term as one denoting any gender identity or sexuality that does not fit society's traditional ideas about gender or sexuality. Queer may also be used to indicate people's identification with a politically alternative perspective to what some might see as the more assimilationist perspectives of the LGBTQI+ communities.

**QUESTIONING** is the process of examining one's sexual orientation and/or gender identity.

**SEXUAL IDENTITY** refers to how a person identifies in terms of sexual or emotional attraction to others. It includes a wide range of identities, with the most typical being gay, lesbian, bisexual and heterosexual. A person's sexual identity may be different than their sexual behaviours and practices.

**SEXUAL AND GENDER MINORITY (SGM)** is an umbrella term that encompasses populations included in the acronym "LGBTI" (lesbian, gay, bisexual, transgender and intersex), and those whose sexual orientation or gender identity varies.

**SEXUAL ORIENTATION** refers to an enduring pattern of emotional, romantic or sexual attraction to others. It includes a wide range of attractions and terms, the most common being gay, lesbian, bisexual and heterosexual.

**TRANS EXCLUSIONARY RADICAL FEMINISM (TERF)** or 'TERFs' is a term used to separate feminists who do not support trans people from those who do. TERFs are opposed to the recognition of trans people's genders, particularly trans women as women, opposed to transgender rights, and support the exclusion of trans women from women's spaces. These beliefs are often based on the view that biological sex should determine one's gender.

**TRANSGENDER** is an umbrella term referring to people whose gender identity and/or gender expression differs from conventional expectations based on the sex they were assigned at birth. This can include people who self-identify as trans men, trans women, transsexual, transvestite, cross-dressers, drag performers, genderqueer, and gender variant.

**TRANSMASCULINE/TRANSMASC** is someone assigned a female sex at birth and who identifies as masculine but may not identify wholly as a man.

**TRANSFEMININE** is someone assigned a male sex at birth who identifies as feminine but may not identify wholly as a woman.

**TRANSPHOBIA** is a dislike, fear or hatred of people who are transgender, transsexual, or people whose gender identity or gender expression differs from the traditional binary categories of 'male' and 'female'.

**TRANSITIONING** is the process through which a person takes steps to live openly as their gender. This can include changing appearance, mannerisms, name/ pronouns, legal documentation, and other personal, social, and legal changes. This may also include undertaking hormone replacement therapy and/or gender affirming surgery.



# HOW TO BE AN ALLY TO LGBTQI+ PEOPLE AND THEIR FAMILIES

Allies are an important support for LGBTQI+ people and their families as their words and deeds help to create inclusive respectful communities and spaces where LGBTQI+ people and their families can feel welcome, safe and comfortable.

A straight and cisgender ally is an individual outside of the LGBTQI+ community who recognises the challenges and fears faced by LGBTQI+ people and who find ways to express support for LGBTQI+ people.

Allies also support the on-going LGBTQI+ struggle for full equality, rights and inclusion.

## ***What allies do:***

- Foster inclusive spaces for example: sports clubs, community groups, workplaces and so on
- Be willing to speak up and correct / gently challenge confusion / misinformation / homophobia / transphobia or other negative and harmful statements, jokes, jibes at LGBTQI+ people
- Use inclusive language understanding & respecting pronouns

**What allyship looks like in simple everyday ways:**

**Being aware!**

**Finding ways to actively express**

**a positive, supportive attitude!**

**Creating positive visibility!**

**Being aware of support services!**

**Having support for yourself!**

**Remembering little things can make a huge difference!**

# WHAT SUPPORT SERVICES AND ORGANISATIONS EXIST NEAR ME?

## LOCALLY

### LGBTQ+ & Allies Group

Tuesdays from 7 to 8.30pm  
in the Beat Youth Cafe on Sussex Street,  
Dún Laoghaire for 14- to 17-year-olds.  
Link to LGBTQ+ youth information.  
<https://crosscareyouthinfo.ie/pride/>



## REGIONALLY (DUBLIN / LEINSTER)

### Outhouse

Outhouse is a drop in and café  
LGBTQI+ community centre.  
It hosts various social groups as well as a library.

Outhouse also runs a number of  
different peer support groups.  
Check out their website  
for more information. [www.outhouse.ie](http://www.outhouse.ie)



To drop in for a coffee, their address is  
105 Capel St, Rotunda, Dublin 1, D01 R290  
**Tel. 01 873 4999**

## NATIONALLY

### LGBT Ireland

The National LGBT **Helpline 1890 929 539**  
[Mon.-Fri. 6.30pm-10pm; Sat.-Sun. 4-6pm]  
[www.lgbt.ie](http://www.lgbt.ie)



### Transgender Family Support Line

**Tel. 01 907 3707**

Monthly peer support groups:  
First Out Group for GBT Men; Married  
Women's Group; Straight Spouses Group;



## LGBT Ireland Bereavement Support Group

Refugee Support Group.

For meeting dates / contact emails, check:

**[www.lgbt.ie/our-services](http://www.lgbt.ie/our-services)**

## A Telefriending service for older LGBTQI+

people experiencing loneliness.

Please **call 01 437 1209**

or **email: [telefriending@lgbt.ie](mailto:telefriending@lgbt.ie)**



## Transgender Equality Network of Ireland/ TENI

TENI supports Transgender and non-binary people with a range of support services.

Peer support groups (Transparency for parents of Trans youth; Transformers for Trans young people; non-binary peer support group).

A website rich in resources and information. **[www.teni.ie](http://www.teni.ie)**



Transgender  
Equality  
Network  
Ireland

## The Switchboard

The Switchboard is an LGBTQIA+ service offering support and resources.

**Helpline call 01 872 1055**

Mon.-Fri. 18.30-21.00 / Sat. & Sun. 14.00-17.00

The helpline has specific nights for specific identities.

The Switchboard also run peer support groups including a Married Men's Group. Please check their website for details of their services.

**[www.theswitchboard.ie](http://www.theswitchboard.ie)**

## BelongTo

Belong To is the national LGBT+ youth organisation and runs peer support groups & various activities for LGBTQI+ young people.

Their website has many useful resources for LGBTQI+ young people, parents, teachers and anyone interested to learn more about how to support a young LGBTQI+ person. Their website also has a map of LGBT+ inclusive youth clubs / services across the country of Ireland.

**[www.belongto.org](http://www.belongto.org)**



## National Action Group for LGBTI+ Travellers & Roma

The Action Group is a collective that aims to increase the promotion, protection, inclusion and celebration of LGBTI+ Travellers and Roma individuals within their families, their communities, organisations and services. It promotes awareness for the intersectional experience of LGBTI+ Travellers & Roma. The group can be contacted via Pavee Point, Exchange House Ireland or LGBT Ireland.

**[www.travandromalgbti.ie](http://www.travandromalgbti.ie)**



## Bi+ Ireland

This is a volunteer-led peer support group, working to provide community and advocacy for the Bi+ community across the country.

**Find them on Facebook and Instagram** for more information about their activities.



## Greenbow

A non-profit organisation run for the benefit of all Deaf/Hard of Hearing LGBTQ+ adults. **Find them on Facebook** for details of their activities.

## Intersex Ireland

A voluntary group supporting and information to Intersex people. **Find them on Facebook** to make contact and find out more about what they do.



## Sporting Pride

A non-profit LGBTQ+ community organisation that focuses on developing LGBTQI+ sports clubs and inclusivity in sport within the whole Irish community. Check their website for LGBTQI+ sports clubs and activities near you.

**[www.sportingpride.ie](http://www.sportingpride.ie)**



SPORTING  
PRIDE

## HIV Ireland

HIV Ireland provides a range of sexual health and well-being support services to anyone living with HIV, seeking information on sexual health clinics and also STU testing.

**[www.hivireland.ie](http://www.hivireland.ie)**



## OTHER USEFUL RESOURCES

### Youth

#### Let's Talk DLR

Search tool. The Let's Talk DLR website provides the facts about the mental health services in your area, lets you hear about other young people's experiences, and helps you to connect to get the help and support you need. Use the search bar to select from a range of options so you can find the services that can help.

<https://www.letstalkdlr.ie/>

#### BeLonGTo

01 670 6223 (Monday-Friday from 9am-1pm & 2pm-5pm) LGBT youth organisation in Ireland which caters for young people aged between 14–23 years and provides advice and support to parents. <https://www.belongto.org/>

#### Transgender Equality Network Ireland (TENI)

TENI supports Transgender and non-binary people with a range of support services including a peer support group for Trans young people called Transformers and a peer support group for non-binary people. Under family support section please find supports for parents of Trans young people. <https://teni.ie/>

#### GenderED.ie

<https://www.gendered.ie/> Information resource for families of gender variant children and transgender young people.

### Age Friendly

#### Outhouse

Outhouse runs a weekly social meetup for older gay and bi men called GOLD on Wednesday afternoons in their cafe. Please check the website for more information

<https://outhouse.ie/>

#### Older Wiser Lesbians

A social group for older lesbian and bi women called OWLs- Older Wiser Lesbians-meets regularly for meals and coffee in various places around Dublin city. For more information **find them on Facebook:**

<https://www.facebook.com/groups/322142419343993/>

#### Running AMACH

Running AMACH is a social group for women of all ages for social networking and friendship. **Find them on Facebook:**

<https://www.facebook.com/groups/RunningAmach/>

#### LGBT Aging Centre (Resources)

(Non-Irish website) Has a LGBTQ+ guide and resources for grandparents and also coming out later in life. [info@lgbtagingcenter.org](mailto:info@lgbtagingcenter.org)

<https://lgbtagingcenter.org/library/topic/coming-out-later-in-life/>

## LGBTQI+ Travellers and Roma

### National Action Group for LGBTQI+ Travellers & Roma

The Action Group is a collective that aims to increase the promotion, protection, inclusion and celebration of LGBTQI+ Travellers and Roma individuals within their families, their communities, organisations and services. It promotes awareness for the intersectional experience of LGBTQI+ Travellers & Roma. The group can be contacted via: [www.travandromalgbti.ie](http://www.travandromalgbti.ie)

Pavee Point - <https://www.paveepoint.ie/>

Exchange House Ireland - <https://www.exchangehouse.ie/> **LGBT Ireland** – [www.lgbt.ie](http://www.lgbt.ie) email: [training@lgbt.ie](mailto:training@lgbt.ie)

## LGBTQI+ International Protection Applicants and Refugees / Migrants

### LGBT Ireland

LGBT Ireland runs a peer support service for LGBTQI+ international protection applicants. For more information please email [info@lgbt.ie](mailto:info@lgbt.ie)

### Outhouse

Outhouse runs a peer support group called safe Space for LGBTQI+ international protection applicants and refugees/ Please check the website for more information- <https://outhouse.ie/>

### Queer Asia Pride Ireland - QAPI

A safe space for LGBTQIA+ Immigrants and People of Colour in Ireland.

Queer Asian Pride Ireland – QAPI - is a not-for-profit community group.

<https://www.qapi.ie>

### Migrant Rights centre Ireland- MRCI

MRCI is a national organisation working with migrants and their families in Ireland to promote justice, empowerment and equality. MRCI is an LGBTQ+ friendly service. <https://www.mrci.ie/>

### Immigrant Council of Ireland

The Immigrant Council of Ireland is a national, independent non-governmental organisation that promotes the rights of migrants. It has a helpline and its website provides a lot of information on rights and other important information.

<https://www.immigrantcouncil.ie/>

### Irish Refugee Council- IRC

IRC provides services and support for people seeking protection and people recognised as refugees in Ireland and advocate for humane and dignified protection procedures and responses to people fleeing persecution. Their website is a wealth of useful information and also gives operating times of their helpline and drop-in Law centre. <https://www.irishrefugeecouncil.ie/>

## General

### Coming Out

A Guide for Parents & Carers Supporting Your LGBTQ+ Child

<https://www.belongto.org/app/uploads/2024/12/Coming-Out-Parents-2025.pdf>

### Families in Transition

Useful information, tips and advice for families of trans young people.

<https://www.belongto.org/app/uploads/2023/07/Belong-To-Families-in-Transition.pdf>

### Transgender Equality Network Ireland (TENI)

Transgender Equality Network Ireland (TENI) runs a peer support group for parents of Trans young people called Transparenci.

<https://teni.ie/>

### Transgender Family Support Line

A support line run by LGBT Ireland & Transgender Equality Network Ireland which offers non-judgmental active listening and emotional support and signposting to relevant support service.

**Tel 01 907 3707 Sundays 6-9pm / Tuesdays 10am-12 noon**

**Gay Community News- GCN** GCN (Gay Community News) is Ireland's national monthly free gay magazine. Pick up a copy, read it online or download our app <https://gcn.ie/>

### HSE Supports available for the LGBTQI+

<https://www2.hse.ie/mental-health/life-situations-events/sexuality/sexual-identity-orientation/>

### The National Gender Service (NGS)

Provides a holistic approach to gender care. They have a multidisciplinary team and is a fully public service provided by the HSE.

<https://nationalgenderserviceireland.com> / 01 211 5045

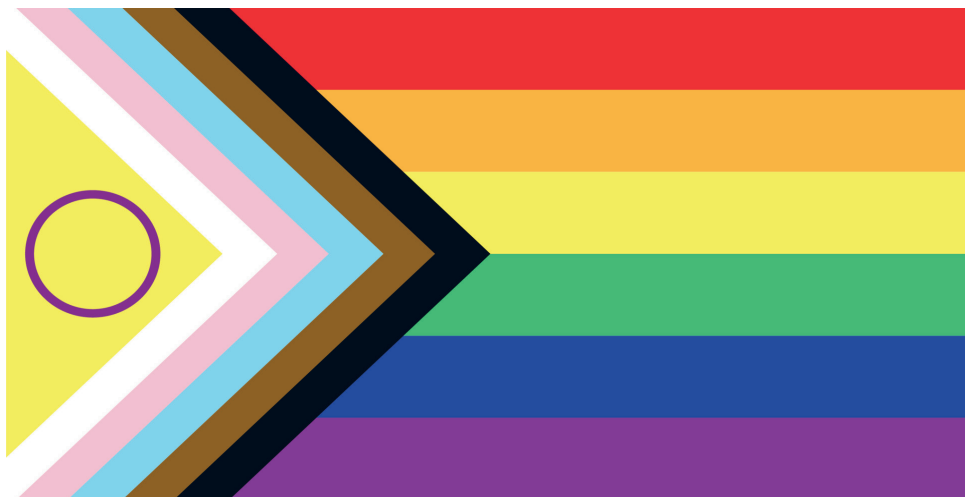


## OTHER USEFUL LINKS

### **Reeling in the Queers:**

Tales of Ireland's LGBTQ Past - Irish Book Awards

**Irish Queer Archive | National Library of Ireland**





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