



Where your money goes

No matter what you do or how much money you raise for London Friend in 2012, one thing is for certain – it will be used to make a difference to the life of an LGBT person.

£4 Will fund a call to our free helpline from someone struggling to come to terms with their sexuality

£40 Will pay for a session with one of our drug and alcohol support workers

£400 Will pay for one month's counselling which we provide at low cost

£4000 Will enable us to launch our first lesbian therapeutic group run by qualified counsellors



friend^{LONDON}



Max's story

"I came to London Friend when I was struggling with my sexuality. The church I had been part of for decades taught me that being gay was wrong, so I hid my sexuality. I felt ashamed.

A work colleague told me about London Friend and I eventually called and was offered counselling. I also started attending a social group.

My counsellor used to get me to write letters to my friends and the church to try and explore how I could tell them about my sexual orientation. It gave me the strength to come out and tackle the issues which were causing me hurt and guilt.

Two of my closest friends rejected me when I told them, and I still haven't fully recovered from that. But other friends have accepted me, and I've now got a set of close friends who know who I am.

Having an organisation like London Friend to turn to was vital. It is so good to know that I am not alone, and it is a comfort to meet with other LGBT people in a safe space – it has opened up a new world for me. A year ago I would never have dreamt that I would be telling my coming out story, but here I am."

Max



+44 (0)20 7833 1674
www.londonfriend.org.uk
office@londonfriend.org.uk