Validium is experienced at helping people from all communities and our specialist teams provide information on a variety of practical issues with qualified counsellors offering support to articulate feelings and manage the emotional reaction to a situation, whatever that situation may be.

Diversity issues can encompass a very wide range of concerns, and the particular issue of sexual orientation may affect the individual and can also affect their family, friends, parents or colleagues at work, so we offer an holistic joined-up support service that can really help individuals to unburden distressing feelings, gain clarity or manage the situation in a positive way.

The legal, financial, wellbeing and counselling teams at Validium provide compassionate, well informed support for any issues related to diversity, LGBT or sexual orientation including:

- Struggling with feelings about your own sexuality
- Anxiety about homophobic harassment or bullying
- Returning to work after the physical and lifestyle changes of gender reassignment
- Understanding the legal differences between a civil partnership and a marriage
- Telling family and friends that you are LGBT
- Concerns about your physical health
- Discussing your legal rights at work
- Making financial provision for your partner or dependants
- Adopting children as a same-sex couple
- Dealing with a relationship breakdown
- Finding and accessing relevant local resources
- Enhancing confidence & building resilience

0800 3 58 48 58
Outside UK: +44 141 271 7179
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