



Who to Call For Support

Tipperary Pride

Tel: 086 264 2892

Email: pridetipperary@gmail.com

Facebook: [@tipperarypride](https://www.facebook.com/tipperarypride)

Instagram: [@pridetipperary](https://www.instagram.com/pridetipperary)



GOSHH

Tel: 061 314354

Email: info@goshh.ie

Confidential Helpline: 061 316661

www.goshh.ie

LGBT+ Health South Tipperary

Tel: 085 854 1514 - Gerard

Email: gerard@clonmelcrc.ie

www.clonmelcrc.ie



NTDC

Joanne - Tel: 087 369 7922

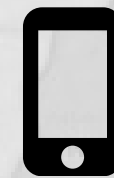
Email: jmccarthy@ntdc.ie

www.ntdc.ie



TIPPERARY PRIDE

Tipperary Pride



086 264 2892



@Tipperary Pride



@pridetipperary



pridetipperary@gmail.com

Confidentiality Assured

NATIONAL SUPPORTS

LGBT Ireland

1890 929 539

Transgender Family Support Line

01 907 3707

HSE National Social Inclusion Office

01 620 1703

Gay Switchboard Ireland

01 8721055

Married Men's Group - Dublin

01 872 1055

Married Women's Group - Dublin

086 807 7674

Clare Bronntanas Mental Health and Wellbeing

083 412 3447

Cork Gender Rebels

087 3669055

LINC - Lesbian & Bisexual Support

021 480 8600

HIV Ireland

01 8733799

TENI - Transgender Equality Network Ireland

01 8733575

Gender Identity Support

01 9073707



WHAT WE DO

- Welcoming and Inclusive
- Support & Confidentiality
- Social Events
- Referrals
- Connecting and Networking
- Promotion and Awareness
- Local Pride Festival
- Education & Training Supports
- Group Support
- Parent & Family Support



LOCAL SUPPORTS

Tipperary Pride

086 264 2892

Social Activities, Support, Awareness, Safe Space



GOSHH - Gender Orientation Sexual Health & HIV

061 314 354

Counselling, Rapid Testing, Safe Space, Training, Education

LGBT+ Health South Tipperary

085 854 1514

Support Groups, Social Activities, Safe Space, Referrals

North Tipperary Development Company

087 369 7922

Support, Confidentiality, Referrals, Safe Space, Awareness Training & Educational Opportunities



LGBT+ LINGO



LGBTI - Lesbian, Gay, Bisexual, Trans+, Intersex

Gay - those who are attracted to people of the same sex

Bisexual - those attracted to same gender and other genders

Lesbian - a woman who is mainly attracted to other women

Transgender - Those whose gender identity differs from that assigned at birth

LGBT+ LINGO

Intersex - people born with variations of their sexual anatomy

Sexual Orientation - sexual and romantic attraction

Gender Identity - Internal experiences of our own gender

Heterosexual - people attracted to different genders

Asexual - people with no sexual feeling or desires

LGBT+ LINGO

Pansexual - people to anyone regardless of gender

Gender Expression - how we show our gender through, clothing, hair, behaviour, etc.

Cisgender - someone who is not transgender or non-binary

Non binary - people whose gender identity is not exclusively male or female and may use pronouns they/them