|  |  |
| --- | --- |
| **Supports for LGBTQ+ people** | |
|  |  |
|  | **LGBTQ+** stands for lesbian, gay, bisexual, transgender and questioning. |
|  |  |
| A couple of women posing for the camera  Description automatically generated with medium confidence | **Lesbian** means women who are attracted to other women. |
|  |  |
| A couple of men posing for the camera  Description automatically generated with medium confidence | **Gay** means men who are attracted to other men. |
|  |  |
|  | **Bisexual** means people who are attracted to both men and women. |
| Icon  Description automatically generated | **Transgender** refers to people who are now a different gender to the one that they were given when they were born. |
|  |  |
|  | **Questioning** is if you feel that you might not be heterosexual but you are not sure. |
|  |  |
| Two people standing next to each other  Description automatically generated with medium confidence | A **heterosexual** person is   * A woman who is attracted to men   or   * A man who is attracted to women |
|  |  |
| A person sitting at a table with a computer  Description automatically generated with medium confidence | For more information about LGBTQ+ people go to [https://www.idmhconnect.health/ lgbtq-people/ER](https://www.idmhconnect.health/lgbtq-people/ER) |

|  |  |
| --- | --- |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are services and supports for LGBTQ+ people. |
|  |  |
| A picture containing graphical user interface  Description automatically generated | There is a lot of information.  Some words can be hard to understand. |
|  |  |
| Two people sitting on chairs looking at a cell phone  Description automatically generated with low confidence | You can ask someone to read this information with you. |
|  |  |
|  | Family Planning NSW has a Sexuality and Disability Service.  The sessions are included in your NDIS plan.  For more information go to  [https://www.fpnsw.org.au/factsheets/ individuals/disability/sexuality-and-disability-service](https://www.fpnsw.org.au/factsheets/individuals/disability/sexuality-and-disability-service) |
|  |  |
| A person and person hugging  Description automatically generated with low confidence | Family Planning NSW also has Easy Read information about   * Relationships * Sexual health * Sexual identity |
|  |  |
| Two people standing next to each other  Description automatically generated with medium confidence | A **relationship** is a type of connection you have with a person you enjoy spending time with. |
|  |  |
| A picture containing text  Description automatically generated | To read the information go to  [https://www.fpnsw.org.au/factsheets/ individuals/disability/all-about-sex](https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex) |
|  | CHANGE has an Easy Read guide on being LGBTQ+.  CHANGE is a group that is not in Australia but the information might still be helpful.  For more information go to  <https://www.changepeople.org/our-work/lgbtq-an-easy-read-guide> |
|  |  |
| A picture containing shape  Description automatically generated | Twenty10 helps people in NSW between 12 and 25 years old who identify as LGBTQ+.  For more information about Twenty10 go to  <https://www.twenty10.org.au/> |
|  |  |
| A picture containing person, person, posing, crowd  Description automatically generated | Twenty10 has services for everyone, not just people with intellectual disability.  Twenty10 provides counselling.  **Counselling** is when you chat with workers about   * Issues in your life * Ways you can fix these issues |
|  | Twenty10 also provides   * Support for social skills * Mental health support |
|  | **Mental health** is about     * How you think * How you feel |
|  |  |
|  | QLife is a chatline that provides free LGBTQ+ peer support and referrals.  A **referral** is when someone suggests you see a worker who can support you. |
|  |  |
| A person smiling with her hand on her face  Description automatically generated with low confidence | You can   * Call QLife on **1800 184 527** between 3pm and 12am midnight every day * Chat to QLife online <https://qlife.org.au/> |
| A picture containing person, person, posing, crowd  Description automatically generated | Relationships and Private Stuff has counselling and education to support you.  Their services can be included in your NDIS plan.  For more information about Relationships and Private Stuff go to <https://www.relationshipsandprivatestuff.com/> |
|  |  |
| Graphical user interface, application  Description automatically generated | Sydney Queer and Disability Community is a group on Facebook that raises awareness for LGBTQ+ people with disability.  For more information about the community group go to [https://www.facebook.com/ queeranddisabled](https://www.facebook.com/queeranddisabled) |
|  |  |
| A picture containing person, person, indoor, people  Description automatically generated | Rainbow Rights and Advocacy is a self-advocacy group.  A **self-advocate** is someone who speaks up for themselves.  Rainbow Rights and Advocacy is run by and for LGBTQ+ people with intellectual disability.  For more information go to <https://rainbowrights.com.au/> |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  <https://www.idmhconnect.health/word-list> |
|  |  |

Text

Description automatically generated

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| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to https://idmhconnect.health/who-wrote-easy-read |
| A person smiling for the camera  Description automatically generated with medium confidenceA picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the <https://idmhconnect.health/> website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [https://www.3dn.unsw.edu.au/ professionals\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.01.2023 v2  No changes can be made without asking the people who wrote this sheet. |

