



A project by Four Pillars, your local LGBT+ charity

Training & resources to support the mental, emotional, physical & sexual health of young LGBT+ individuals

What we offer:

- **Training for school staff**
LGBT+ Awareness Training
- **Phone & email support**
Staff advice and information
- **Awareness sessions for young people**
Assembly/class presentations/visits
- **One-to-one support**
Safe and welcoming space for young people

For more details contact the QuEST team

Web: www.fourpillarsuk.org/quest

Email: LIA@fourpillarsuk.org

Call: 01224211963



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four
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supporting Grampian's LGBT+ community