

## Social support groups



Peer support can provide SSA young people with emotional and social support. Access to social support groups can assist in positive identity development and an opportunity for young people to meet others, who may be experiencing some of the same issues, in a context that encourages peer support.

Participation in a support group can enhance their connectedness to school, family, peers and the community, and provide opportunities to develop coping strategies to deal with homophobia and transphobia, bullying and rejection.

These links all point to similar regularly updated lists of social and support groups for GLBTI young people. Some groups at any one time may not yet have started or break periodically. Check the details with the relevant group.

Contact:

**Gay and Lesbian Switchboard:**

**(03) 98278544**

(Melbourne Metropolitan area)

**1800 184 527**

(Country Victoria)

**Rainbow Network**

<http://www.latrobe.edu.au/rainbow/>