

NATIONAL SUPPORT ON-LINE

OUTLine NZ provides a free, confidential and non-judgemental telephone counselling service. They are there to listen, provide information and to help you with your issues. An online counselling service is now available and a texting service (Curious TXT) by texting 3535 (20c per message)

You do not have to be in a crisis situation to call. All sorts of people call for all sorts of reasons - loneliness and isolation, sexuality and gender identity, sexual health, relationships and meeting people, STIs and HIV, legal and ethical issues, and many more.

This help line is staffed by self-accepting GLBTTFIQQ people who have trained to help others over the phone in issues around sexual identity.

Contact Details

Helpline:

0800 OUTLINE (688 5463)

Hours:

Weekdays: 10 am - 10 pm

Weekends and holidays: 5 pm - 10 pm

Email: outlinenz@outlinenz.com

Website: <http://www.outlinenz.com/>

CURIOUS

A national queer youth web resource

<http://www.curious.org.nz/>

GAYLINE WELLINGTON

<http://www.gayline.gen.nz>

An excellent and comprehensive resource for gay New Zealanders

RAINBOW YOUTH – An Auckland based

organization that provides support, information, advocacy and education for queer young people and their families. Useful resources available online.

Website: <http://www.rainbowyouth.org.nz/>

Email: <mailto:info@rainbowyouth.org.nz>

GOOD NEWS

The good news is that discovering you are lesbian gay or bisexual is not the end of the world. rather, it is the beginning of a new adventure. Your life will be different from now on. It holds amazing possibilities and opportunities. Remember, what counts is not what others say you are, but how you feel and how you live your life.

For parents, family members and friends your relationship will now have a new dimension. It has the potential to become much closer now that you can share important details that were previously hidden. Your loved one has trusted you enough to have imparted this fundamental information about him/herself. Remember, they are the same person you have always loved and cared for, only now you know them even better.

WHAT YOUNG PEOPLE SAY

Being yourself

"What we must never forget is that we still are the same person, we haven't changed. There are gay people just like you and me out there everywhere. People may think that if you are gay, you are weird, but people never take a moment to look back and think of all the so called normal things you have done and are going to do even though you are gay. Being gay is normal. Not weird. Anyway, why be like everyone else when you can be yourself!"

Anonymous

Coming Out

"I was impatient with people. "Accept me now or see you later." I realise now, that it took me years to understand that I am gay and maybe I should give others time to adapt. Not everyone will be instantly overjoyed with the news and that's OK" Anonymous

"I made sure that I had plenty of time to spend with the person I was telling so that I could talk and answer any questions" 20 years

Family

"I knew Mum would need someone to talk to so I told my aunt first because I knew she would be really cool about it and listen and support Mum" 19 years

GAY LESBIAN BISEXUAL TRANS

INFORMATION & SUPPORT IN DUNEDIN



PFLAG South Inc

PARENTS FAMILY AND FRIENDS OF LESBIANS AND GAYS

INTRODUCTION

This leaflet is produced by PFLAG South Inc, the Dunedin branch of an international organization that supports and promotes the health and well-being of lesbian, gay, bisexual, transgender, takaatapu, fa'afafine and intersex people and their families and friends

"Queer" is a reclaimed word to describe this significant and diverse group in our society.

SUPPORT

PFLAG offers friendship and support based on our collective experience. We have walked this road together and can help you on your journey be it toward acceptance and love of yourself, of a friend or of a member of your family.

PFLAG support is always accessible through our help-line or by email. If you prefer we are happy to arrange a discrete meeting with you to discuss your concerns.

If you are seeking professional help about related issues we can usually suggest the appropriate person or organization you should contact.

WEBSITE

Our website www.pflag.org.nz can provide you with much information and useful resources including pamphlets like this one on topics such as:

FAQS About Homosexuality
When You Think You Might Be Bisexual or Lesbian or Gay

Coming Out To Your Parents

Someone In My Class Is Gay...

There are stories, recommended reading, articles about religious issues and links to many websites that provide helpful information.

SUPPORT SERVICES IN DUNEDIN

PFLAG South

Helpline: 027 6869 304

Youth: 027 4 YOUTHS (027 496 8847)

Email enquiries@pflag.org.nz

Mail PO Box 5266 Dunedin 9058

Website www.pflag.org.nz

PFLAG Same-Difference Youth Group

A Dunedin support and social activities group for people aged 20 and under who identify themselves as queer or who are questioning their sexual orientation, gender identity or sex.

Same-Difference Coffee group

Meets every 3rd Friday of every month - 5.30-7.30 at a local Dunedin Café

Same-Difference Structured Group

A place to talk about queer issues in a safe and private space. Meets on the 1st Friday of every month - 5.30-7.30

Action Group

Meets monthly to plan special events.

For more info on the groups:

Txt: 027 496 8847 (027 4 YOUTHS)

Email: enquiries@pflag.org.nz

OUSA Queer Support

Provides support and activities for all GLBT students in the city. Organises a range of events each year and welcomes and supports everyone in the GLBT community.

Phone 479 5445 or text 021 4 Q INFO

Email q.support@ousa.org.nz

Transedin – Friendship, fellowship and support for the Dunedin transgender community and their supporters.

Email: transedin@gmail.com

SgnLS (Southland Gay & Lesbian Support)

Support Line (03) 217 4657

Email: mailto:talk@sgnls.org.nz

The Otago Gaily Times

This is a free quarterly publication for and about the GLBT community in Otago. It provides information, a directory of support organisations and articles of interest to the queer community. Email otagogaily@yahoo.co.nz with any questions.

Lemon Briefcase - A monthly social gathering for GLBT professionals.
For information email: glbnsouth@gmail.com

Lesbian Dinner Group

Enjoy monthly restaurant meals together.

For information

email: dunedinlds@gmail.com

The L Club – social group for lesbians over 45. email: mailto:ormab@clear.net.nz

Rainbow Families – A group for all those in the Queer community who have, want or are trying to have children. Quarterly social events. email barb.long@ihug.co.nz

Ascent - A Catholic Gay Support group that welcomes other Christians and friends in an ecumenical spirit.
email phqadam2ihug.co.nz

Police Diversity Liason Officers – specially trained and available to deal with GLBT/queer issues in Dunedin are: Senior Sergeant Jane Whitmore, Sergeant Matt Scoles and Police Employee Margaret Taylor, ph 4714800

FINANCIAL SUPPORT

PFLAG South Inc is supported by the NZ Lotteries Grants Board, the Dunedin City Council, and by the generosity of individuals in our community. The society is a registered charitable entity and donations over \$5 are eligible for a tax rebate. Please consider making a donation to assist us in our work, Visit our website www.pflag.org.nz or email enquiries@pflag.org.nz to find out how.