

## **The Switchboard (<https://www.activelink.ie/node/635>)**

Ireland's oldest LGBTQIA+ helpline. Formerly known as Tel-A-Friend, then Gay Switchboard, The Switchboard has operated since 1974 providing listening support and signposting for members of the lesbian, gay, bisexual, trans, queer, intersex, asexual and other members of the LGBTQIA+ community. We also welcome calls from families, friends and allies of LGBTQIA+ people as well as anyone questioning their gender identity or sexual orientation.

The Switchboard operates a helpline 7 days a week and can be contacted via email. Details of how to contact The Switchboard can be found on [www.theswitchboard.ie](http://www.theswitchboard.ie) (<https://www.theswitchboard.ie/>)

### **Contact Info**

#### **The Switchboard**

Outhouse

105 Capel Street

Dublin 1

HELPLINE OPEN 7 DAYS: [01-872 1055](tel:01-872 1055) (tel:018721055)

#### **Email**

[ask@theswitchboard.ie](mailto:ask@theswitchboard.ie)

#### **Website**

<https://www.theswitchboard.ie/> (<https://www.theswitchboard.ie/>)

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