

## How to access our services

Call Gary on 07884 476634 to arrange a meeting.

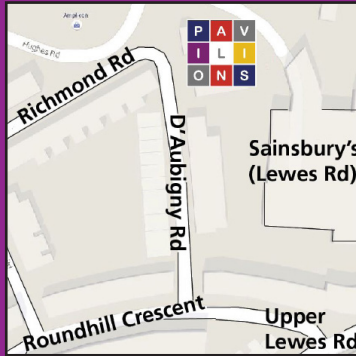
**Richmond House, Richmond Road,  
Brighton, BN2 3RL**

t: 01273 731900

e: [info@pavilions.org.uk](mailto:info@pavilions.org.uk)

Pavilions is on the corner of D'Aubigny & Richmond Road.

Closest bus stop:  
Sainsbury's Lewes Road



**9 The Drive, Hove, BN3 3JE**

t: 01273 680714

Gary also offers drop-in's at various LGBT venues across the city.



Follow us on  
Twitter @Pavilions\_org



Like us on  
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[www.pavilions.org.uk](http://www.pavilions.org.uk)

**We don't judge, we help.**

Under 18? Please contact RU-OK on 01273 293 966



**Brighton & Hove  
City Council**

Service commissioned  
by Brighton & Hove City  
Council

## You are not alone

- 29% of lesbians and bisexual women binge drink at least once a week compared to 15% of women in general (*LGBT Foundation*)
- 47% of trans people drank at high and potentially problematic levels (*Trans Mental Health Study 2012*)
- Locally there's been an increase in the use of Tina (methamphetamine), Meow (mephedrone) and G (GHB/GBL) amongst gay and bisexual men in highly sexual contexts known as 'chemsex'
- 83% of people accessing support from Pavilions' LGBT specialist worker last year met their goals, either becoming abstinent or reducing their use significantly

## Who are Pavilions?

We support individuals to improve their wellbeing, to take control and meet their recovery goals.  
Our work is tailored to suit your needs.

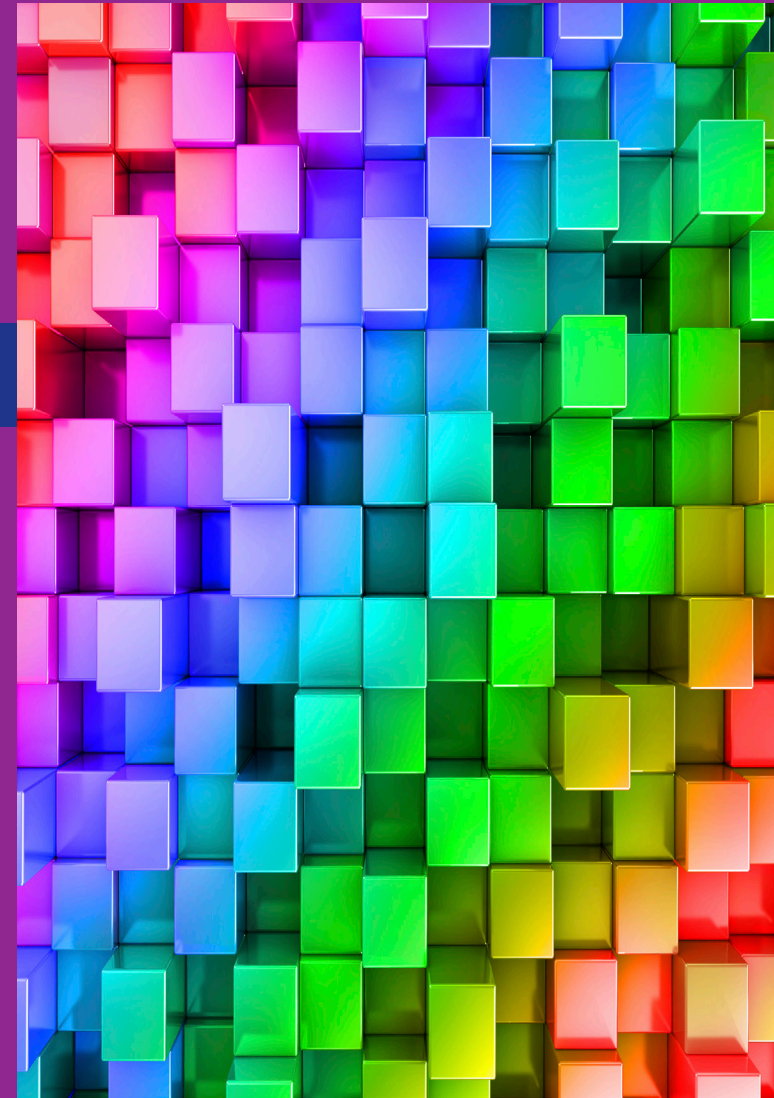
We will help you access appropriate support, linking in with other established LGBT services such as THT, MindOut, Clinic M, Allsorts, Sussex Beacon, Rise and Lunch Positive.



**Maybe it's  
time to call  
Pavilions ?  
01273 731900**

# Brighton & Hove

## Adult LGBT Drug & Alcohol Service



## Ask yourself...

- Is your partying not as fun as it used to be?
- Are you feeling isolated, lonely & withdrawn?
- Is your drug use affecting your relationships with family, friends or partners?
- Is your employer concerned about your sick leave?
- Are you taking sexual risks when high or intoxicated that you regret afterwards?
- Is using impacting you financially?
- Are you, or people you know, concerned about your alcohol or drug use?

### If so, then Pavilions LGBT Service can help.

We can provide you with confidential support and information, recommend treatment pathways or whatever else you need to help you achieve your goals around drug/alcohol use.



## Our clients say...

### Andy

*We met every week, at a time and location that was suitable for me. Gary listened to me without judgment enabling me to look at the pain at the source of my dependency on Tina, that was the first step to my full recovery.*

### Sebastian

*The LGBT service helped me get into treatment for my alcohol and cocaine addiction, and through my transition from female to male. I have gained enough stability to work full time again, put structure back into my life and repair relationships.*

### Christine

*At no time was I told what to do or what to think. Pavilions' LGBT worker helped me realise what things I needed to face and change by myself, put forward support options, and build my self-confidence so I would be able to stand on my own when fully recovered.*

## We will:

- Support, encourage & listen to you
- Put you at the heart of all decisions
- Help you to identify your support options & goals
- Explore & build on your strengths
- Help you look after your health
- Offer you the support of a peer mentor
- Help you explore & identify the issues which trigger your drug or alcohol issues
- Link you to a vibrant recovery community of people who can support you

If you would prefer a women-only environment, please contact our Women's Service. They work to support women and children affected by substance misuse and empower them to make positive changes.

You can contact them at:  
11 Richmond Place, Brighton, BN2 9NA  
01273 696970  
[info@brightonoasisproject.co.uk](mailto:info@brightonoasisproject.co.uk)

