

## **METRO Charity**



METRO Charity promotes health and wellbeing through transformative services to anyone experiencing issues relating to sexuality, gender, equality, diversity and identity. They offer mental health support, youth groups, HIV and sexual health support, and relationships and sexual health training.

METRO Charity provide youth groups across London and the south east to allow young people to meet others like them, free from discrimination. LGBTQ young people can report feeling isolated from their peers and experience discrimination in school, work and other areas of life. METRO youth services allow them to make connections to those like them, understand their rights, and access support.



Snap is METRO's LGBTQ youth group for 16 - 25 year olds in Bromley. They provide a safe space for queer young people express themselves, meet others, take part in activities and can provide 1-2-1 support and refer to other services if needed. The youth service also hosts trips and special events for occasions such as LGBTQ Pride.

In Bromley, METRO Charity provide:

- Snap- A youth group for LGBTQ people between 16 - 25
- LGBTQ Counselling- For under LGBTQ under 18s
- LGBTQ 121 Support- Listening, support and advice for 16 - 25-year-olds in Bromley.
- Transcend- A biweekly Zoom group for transgender people.

To find out more visit their [website](#) or email [youth@metrocharity.org.uk](mailto:youth@metrocharity.org.uk)