

# Lesbians, Gay and Bisexual People and their Sexual Health: A Good Practice Guide for Healthcare Professionals Quick Reference Guide

## Improving Service Provision for Lesbian, Gay and Bisexual patients

1. Stay informed on LGB issues
2. Don't assume all patients are heterosexual
3. Respond positively when patients disclose they are lesbian, gay, bisexual or transgender
4. Reassure the patient about confidentiality
5. Discuss the importance of safer sex practices

## How to Ask LGB-Inclusive Questions

### Instead of:

Are you married?

Do you have a girlfriend/boyfriend?

What is your boyfriend/girlfriend's name?

### Use:

Do you have a partner?

Are you in a relationship?

What is your partner's name?

For more information on what healthcare providers can do to support and care for the sexual health of their lesbian, gay and bisexual patients see the accompanying resource *Lesbian, Gay and Bisexual people and their Sexual Health: A Good Practice Guide for Healthcare Professionals* available at [www.glen.ie](http://www.glen.ie)

## How to ask service users about coming out and other LGBT related experiences

“It sounds as if you are questioning your feelings/your orientation/your identity... has that been on your mind?”

“Have you come out to friends or anyone in your family?”

“What concerns have you about how people might react when you come out to them?”

“Are there lesbian/gay/bisexual people you know that you can talk to? Are they supportive?”

“Have you had any negative experiences since coming out?”

“Is there anyone you like/anyone you fancy?” (young people)

### National LGBT support and information services

- National LGBT Helpline: 1890 929539
- National Support & Information website: [www.lgbt.ie](http://www.lgbt.ie)
- BeLonG To Youth Service: 01-6706223 [www.belongto.org](http://www.belongto.org)
- Cork Gay Project: 021-4304884 [www.corkgayproject.com](http://www.corkgayproject.com)
- Dundalk Outcomers: 042-9329816 [www.outcomers.org](http://www.outcomers.org)
- Gay Men’s Health Service: 01-8734952 [www.gmhs.ie](http://www.gmhs.ie)
- LINC (Lesbian Service in Cork): 021-4808600 [www.linc.ie](http://www.linc.ie)
- LOOK (Parent Support): 0872537699 [www.lovingouroutkids.org](http://www.lovingouroutkids.org)
- Outhouse (Community Centre): 01-8734932 or [www.outhouse.ie](http://www.outhouse.ie)
- Outwest: 087-9725586 or [www.outwestireland.ie](http://www.outwestireland.ie)
- TENI (Transgender Support): 01-633 46 87 or [www.teni.ie](http://www.teni.ie)

### HIV and sexual health information and support services

- AIDS West: 091-566266 [www.aidswest.ie](http://www.aidswest.ie)
- Dublin AIDS Alliance: 01-8733799 [www.dublinsaidsalliance.ie](http://www.dublinsaidsalliance.ie)
- Gay HIV Strategies: 01-6728650 [www.glen.ie](http://www.glen.ie)
- Open Heart House: 01-8305000 [www.openhearthouse.ie](http://www.openhearthouse.ie)
- Positive Now: 01-8733799 [www.positivenow.ie](http://www.positivenow.ie)
- Red Ribbon Project: 061-314354 [www.redribbonproject.com](http://www.redribbonproject.com)
- Sexual Health Centre (Cork): 021-4275837 [www.sexualhealthcentre.com](http://www.sexualhealthcentre.com)
- The Gay Health Network: [www.ghn.ie](http://www.ghn.ie), [www.man2man.ie](http://www.man2man.ie)
- HSE sexual health website: [www.yoursexualhealth.ie](http://www.yoursexualhealth.ie)

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