

The Intercom Trust has been working hard to ensure that, during this time, there has been as little disruption to the services we deliver to young people across Cornwall as possible, and that we continue to be available to those that need to contact us.

In order to achieve this:

- Young people continue to be able to contact us via methods such as our LGBT+ Helpline, email, text and social media platforms - ensuring they are able to talk in confidence if they have any concerns, worries or issues.
- We are holding Zoom/Skype online meetings with individuals and our LGBT+ Practitioners, so that we can maintain ongoing direct support with our clients and any new referrals we receive.
- We are organising online LGBT+ Youth Groups and School LGBT+ Lunchtime Group meetings to help young people engage with other young people during this time of lockdown and social distancing. These meetings are being facilitated by youth workers.
- We are organising projects and creative sessions with the young people we support, to help them keep focused and to provide them with a creative output for their feelings.
- We are maintaining a high social media presence across all our platforms, sharing information and messages in a way that is clear to the young people that follow us.
- We are promoting tips via social media, and have created a downloadable support resource on our website, to help young people maintain good mental health, wellbeing and improved resilience during this difficult time