

Que(e)r through Saxony

Mobile in rural areas

Consulting, networking, and awareness

- Are you queer, lesbian, gay, bi, or asexual/aromantic and don't know how to tell those around you? Would you like support in coming out?
- Are you wondering whether you might be trans, non-binary, intersex, or queer?
- Does your physical or perceived gender not really fit into the categories of “man” and “woman”?
- Do you have questions about transitioning or would you like some support?
- Are you experiencing discrimination because of your sexual orientation or gender identity and would like advice or help?
- Are you a parent and your child has come out to you? Are you looking for support in processing this information and want to be there for your child, but don't know how?
- Would you like to help ensure that everyone feels safe and contribute to reducing discrimination in your job, company, or institution?

Que(e)r through Saxony – mobile in rural areas

Lesbian, gay, bi-/pansexual, asexual, or aromantic people, as well as transgender, intersex, non-binary, and queer people (LSBTIANQ*) often experience discrimination and are not taken seriously. They are viewed as abnormal or sick, laughed at, treated with hostility, or threatened. Our mobile counseling service aims to support and accompany LGBTIANQ* individuals with their individual problems. If desired, we also work with their social environment, such as parents, friends, social workers, etc. Our counseling, networking opportunities, and support for queer communities are available in the district of Leipzig, northern Saxony, and central Saxony.

Counseling

We offer psychosocial support and counseling on issues related to sexual orientation, gender identity, and queer realities.

- Our counseling is **free of charge** and **anonymous upon request**.
- **Language mediation** is available upon request.
- We advise you in consultation rooms **near your place of residence**.

- Video or telephone counseling is also possible.
- We work unbiased and respect you in your corporality, your desires, and your self-identity.
- We accompany you through personal, legal, and medical processes.
- We also consult **parents, loved ones, and professionals**.
- If necessary, we refer you to specific institutions, such as anti-discrimination organizations.

Possible counseling topics can be:

- Coming out support
- Sexual orientation, physical and gender diversity
- Transition/re-transition/detransition
- Name and gender change (SBGG, §45b PStG)
- Medical and gender reassignment procedures
- Relationships, family
- Desire to have children, parenthood
- Psycho-emotional stabilization
- Experiences of discrimination and/or violence
- Searching for community connection
- Support in finding queer-sensitive doctors and therapists

Cooperation and networking

Lesbian, gay, bisexual, asexual, or aromantic people, as well as transgender, intersex, non-binary, and queer people (LGBTIANQ*) of all ages live everywhere, including in rural areas of Saxony. However, they are often made invisible and live in isolation. Many are unsure whether social institutions, associations, and authorities are open to their realities and prevent discrimination. Even though most professionals in Saxony are accepting LGBTIANQ*, queer people still encounter uncertainty, a lack of expertise, or find that their realities are not reflected in the services offered.

We support institutions, professionals, and multipliers in the districts of Leipzig, Central Saxony, and Northern Saxony in furthering their education on the topic of sexual and gender diversity and opening their services to LGBTIANQ*.

We offer:

- Awareness-raising workshops on sexual and gender diversity, on living realities for LGBTIANQ* people of all ages and rainbow families
- Case consultations on the topic
- Suggestions on how to specifically reach and address LGBTIANQ* people with offers
- Film and theme nights as well as event formats and collaborations on sexual and gender diversity
- Rental of the exhibition: “There are no such people here – Queer life in rural Saxony.” The exhibition uses posters and audio files to show the different realities of queer people's lives in Saxony's rural districts and is available for loan. For more information, visit www.queeres-sachsen.de

Empowerment for LGBTIANQ+*

Are you LGBTIQ* and live in the Leipzig district, northern or central Saxony? Would you like to network with other queer people, start a queer group, and/or organize events on the topic of sexual and gender diversity? Would you like to get involved in organizing a CSD? Or are you already involved and would like some support?

Get in touch with us!

Contact

Psychosocial counseling:

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