

QUEST

Queer Equality Support Team

'hello me'

Discover and live your best life

Feelings around gender identity and sexuality can be confusing and isolating, sometimes with long-term, far-reaching consequences into your adulthood which may impact on your mental health, emotional & physical wellbeing.

QuEST (Queer Equality Support Team) is available here in your school providing a safe, private one-to-one support service, giving you the time and space to talk about how you're feeling.

For more details contact the QuEST team

Web: www.fourpillarsuk.org/quest

Email: LIA@fourpillarsuk.org

Call: 01224211963

QUEST
Queer Equality Support Team

Aberdeenshire
COUNCIL 

 **getting
it right**
for every child
in Aberdeenshire

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supporting Grampian's LGBT+ community