

## LGBT+

### HELPLINES

#### **LGBT Foundation**

Telephone: 0345 3 30 30 30, Monday to Friday 9am-9pm, Saturday and Sunday 10am-6pm

Email: [info@lgbt.foundation](mailto:info@lgbt.foundation) or [referrals@lgbt.foundation](mailto:referrals@lgbt.foundation) for referrals

Website: <http://lgbt.foundation/>

#### **MindOut**

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people.

Telephone: 01273234839

Email: [info@mindout.org.uk](mailto:info@mindout.org.uk)

Online instant message service: <https://www.mindout.org.uk/get-support/mindout-online/>

Website: <https://www.mindout.org.uk/>

#### **MindLine Trans+**

A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.

Mondays and Fridays: 8pm to midnight. 0300 330 5468 | [Visit the MindLine Trans+ webpage.](#)

#### **Switchboard**

National LGBT+ helpline

Telephone: 0300 330 0630, Open 10am-10pm every day

Email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

Online chat service: <https://switchboard.lgbt/>

#### **Terrence Higgins Trust**

UK HIV and sexual health charity.

Phone: 0808 802 1221, Monday to Friday 10am to 6pm, Saturday and Sunday 10am to 1pm

Email: [info@tht.org.uk](mailto:info@tht.org.uk)

Website: <https://www.tht.org.uk/>

#### **Galop**

National LGBT+ domestic abuse helpline.

Telephone: 0800 999 5428, Monday/Tuesday/Friday 10am-5pm, Wednesday/Thursday 10am-8pm

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

<http://www.galop.org.uk/domesticabuse/>

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### **Mermaids**

Support around gender identity / being trans for children and young people.

Text MERMAIDS to 85258 for free 24/7 crisis support all across the UK.

All texts are answered by trained volunteers with support from experienced clinical supervisors

Telephone: 0808 801 0400, Monday to Friday, 9am to 9pm

Web chat (Scroll down to webchat): <https://mermaidsuk.org.uk/contact-us/> Monday to Friday, 9am to 9pm

Email: [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

Website: [mermaidsuk.org.uk](https://mermaidsuk.org.uk)

### **Albert Kennedy Trust**

Supports LGBTQ people aged 16-25 who are homeless or living in a hostile environment

Telephone: 0161 228 3308, Monday to Friday 10am - 4:30pm

Online self-referral: <https://www.akt.org.uk/get-help>

Email: [gethelp@akt.org.uk](mailto:gethelp@akt.org.uk)

Website: [www.akt.org.uk](https://www.akt.org.uk) Web chat is available

### **Stonewall**

Telephone: 0800 050 2020, Monday to Friday 9:30am - 4:30pm – Currently operating a voicemail-only function on phone lines. Please do leave a message, including details of the best time to call you back, and we will do our best to get back to you within three working days

Email: [info@stonewall.org.uk](mailto:info@stonewall.org.uk)

Website: <https://www.stonewall.org.uk/>

### **Independent Choices Greater Manchester Domestic Abuse Helpline - LGBT Service**

Confidential helpline to listen and offer advice

Telephone: 0161 636 7525, Monday-Friday 10am-4pm excluding Bank Holidays

Email: [helpline@independentchoices.org.uk](mailto:helpline@independentchoices.org.uk)

Website: <http://www.domesticabusehelpline.co.uk/>

### **Families and Friends of Lesbians and Gays**

National voluntary organisation and charity supporting families and their LGBT+ loved ones.

Helpline: 0300 688 0368, Wednesday-Saturday 10am-8pm - all calls charged at local rate

Website: <https://www.fflag.org.uk/>

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### ONLINE RESOURCES

#### **LGBT Foundation**

COVID-19 Wellbeing Hub

<https://lgbt.foundation/coronavirus/wellbeing>

10 ways to safely affirm your LGBT identity during lockdown

<https://lgbt.foundation/domesticabuse/10ways>

#### **UK Government**

Advice and Support for LGBT people

<https://www.gov.uk/guidance/advice-and-support-for-lgbt-people>

#### **Switchboard**

Emotional wellbeing support pack

<https://switchboard.lgbt/wp-content/uploads/2020/05/Emotional-Wellbeing-Support-Pack.pdf>

#### **Mind**

Gives information about mental health support for people who are lesbian, gay, bisexual, trans, intersex, queer or questioning (LGBTIQ+).

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiqplus-mental-health/about-lgbtiqplus-mental-health/>

#### **Rethink Mental Illness**

LGBT+ mental health page

<https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/lgbtplus-mental-health/>

#### **NHS**

Advice about mental health issues if you're gay, lesbian, bisexual or trans

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/>

#### **Galop**

Factsheets on hate crime, domestic abuse and sexual violence

<http://www.galop.org.uk/factsheets/>

#### **Hidayah**

Nationwide organisation for LGBTQI+ Muslims in the United Kingdom.

<https://www.hidayahlgbt.co.uk/>

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### COUNSELLING SERVICES

#### **Pink Therapy**

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities – requires registration and payment.

Website: <http://www.pinktherapy.com/en-gb/findatherapist.aspx>

#### **The Affinity Centre – Manchester**

Gay, Lesbian and Bisexual Counselling – requires payment

Telephone: 01625 529099

Website: <https://affinitycentre.co.uk/gay-lesbian-bisexual-counselling-manchester/>

