

LGBT+

HELPLINES

LGBT Foundation

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

Email: info@lgbt.foundation or 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: 01273 234 839

Email: 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.

Telephone: 0300 330 5468, Mondays and Fridays: 8pm to midnight.

Website: <https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>.

Switchboard

National LGBT+ helpline

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

Email: 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

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

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

LGBT+

LGBT+ hate crime helpline

Telephone: 020 7704 2040, Monday to Friday 10am – 4pm

Email: HateCrime@galop.org.uk

Website: <http://www.galop.org.uk/hatecrime/>

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

Website: 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

Website: 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

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

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/>

LGBT+

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>

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/>

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/>

Akt

Coronavirus updates and resources

<https://www.akt.org.uk/covid-19>

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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/>

