

UK LGBTQIA+ Mental Health Resources

The services compiled in this document are primarily for LGBTQIA+ people and their families, offering helpful resources and guidance, as well as 1-to-1 counselling and support groups.

If you are in need of urgent assistance or support, you can call:

- LGBT+ Switchboard on 0300 330 0630 (open 10am–10pm)
- Samaritans on 116 123 (open 24 hours a day)
- Childline on 0800 1111 (9am–midnight)

- or text 'Switchboard' to 85258 (open 24 hours a day) for a text chat.

UK Wide

Switchboard LGBT+ Helpline:

Switchboard are a helpline offering information, support and referral services for LGBTQIA+ people – and anyone considering issues around their sexuality and/or gender identity. The helpline is open daily from 10am-10pm, and can be accessed by telephone on 0300 330 0630, email at chris@switchboard.lgbt or instant messaging via their website.

<http://switchboard.lgbt>

Mermaids:

Mermaids is a UK-based charity supporting young trans people up to age of 19, and their families. Their website provides helpful resources and a helpline that can be accessed by phone on 0808 801 0400 or webchat on their website.

<https://mermaidsuk.org.uk/>

Gendered Intelligence (GI):

The organisation works with the trans community, especially young people, and those who affect trans lives.

<http://genderedintelligence.co.uk/>

AKT (Albert Kennedy Trust):

The trust supports young LGBT people between the ages of 16 and 25 years old. They can help with finding specialist LGBT mental health services.

<https://www.akt.org.uk>

Hearts & Minds

Hearts & Minds is an innovative, young charity that provides community, intentional peer support and mentoring for young people, ages 14-25, experiencing mental health difficulties. They run a support group on Tuesday evenings between 6–8pm, which is currently meeting digitally during the Covid-19 outbreak.

<https://heartsandminds.org.uk/events/>

Pink therapy:

Pink Therapy is an online directory of therapists who work with LGBTIQ (lesbian, gay, bisexual, transgender, intersex and questioning), and gender- and sexual-diversity (GSD) clients. (16+)

<http://www.pinktherapy.com/> (website currently inactive)

Age UK:

An organisation that offers guidance and support for older people who may be experiencing difficulties in accessing services or care. Their guide for older LGBT+ people can be found here:

http://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG02_Lesbian_gay_or_bisexual_inf.pdf?dtrk=true

The Asexual Visibility and Education Network:

Hosts the world's largest online asexual community as well as a large archive of resources on asexuality. Provides email to support to people who identify as asexual and their friends and family.

<http://www.asexuality.org/>

Being Gay is Okay:

A service that gives online information and advice for under 25 year olds.

<http://www.bgiok.org.uk/>

GIRES (Gender Identity Research and Education):

A charity that provides information for transgender people and medical professionals, including research and links to support groups

<http://www.gires.org.uk/>

Transwiki:

Transwiki is a directory of UK-based resources and services for trans and non-binary people living in England, Wales, Scotland and Northern Ireland.

<https://www.tranzwiki.net>

Opening Doors London:

Opening Doors London (ODL) is a charity that supports LGBT+ people over the age of 50. They provide a befriending service for those who might be feeling lonely or isolated to meet with another person in London. They also provide a telefriending service for those who are based outside of London to have regular phone conversations with another person.

<https://www.openingdoorslondon.org.uk>

QueerCare

QueerCare is a transfeminist autonomous care organisation, providing training, support and advocacy for trans and queer people in the uk (and further afield). They focus on building

communities which can care for themselves, and providing them with the resources - from legal support to medical equipment - to do so.

<https://queercare.network/>

London

ELOP (East London Out Project):

A holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, and our core services include counselling and young people's services.

<http://elop.org>

London Friend:

London Friend is a charity that supports the health and mental wellbeing of the LGBT+ community in and around London. They offer 1-to-1 counselling and a drug and alcohol support service called Antidote (see below).

<https://londonfriend.org.uk>

Spectra:

Spectra aims to increase access to support, and activities, where time can be spent more productively, helping to reduce anxiety. They aim to explore an online route to well-being and community friendship.

<https://spectra-london.org.uk/>

Antidote:

A service that offers information and support exclusively to LGBT+ people around drugs, alcohol and addiction. Part of London Friend's service.

<http://www.londonfriend.org.uk/get-support/drugsandalcohol>

56T:

56T is a holistic sexual health and wellbeing service for all trans/non-binary people, their partners and friends. They are a trans-led team, who offer a safe, confidential space for anyone who anyone with sexual health or wellbeing needs. (No age limit)

<https://dean.st/56t/>

Asexual Visibility and Education Network (AVEN):

AVEN hosts the world's largest online asexual community as well as a large archive of resources on asexuality. The website offers web-based resources and community forums for asexual people. They have also compiled a list of further resources for asexual people (see link below).

<https://www.asexuality.org/en/topic/195854-aven-unofficial-discord-and-other-resources-during-the-pandemic/>

Imaan:

Imaan is a support group for LGBT Muslims, providing a safe space to share experiences, with factsheets and links to relevant services. (Mainly London, no visible age limit)

<http://imaan.org.uk/>

Free2B Alliance (Youth group: Battersea):

Free2B Alliance is a London based community organisation, supporting LGBTQ+ young people and their parents. Free2B is now offering our 1:1 and group services online in order to continue to provide support during the Covid-19 lockdown.

<http://www.free2b-alliance.org.uk/>

The Pink Practice:

The Pink Practice is a creative in-person, online and phone counselling and psychotherapy practice for the lesbian, gay, bi, trans and queer communities based in Kings Cross. (No age limit)

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

LGBT Consortium:

The consortium develops and supports LGBT groups and projects around the country. Use the site's directory to find local mental health services. (No age limit)

<http://www.lgbtconsortium.org.uk/>

The Beaumont Society:

A national transgender support network offering emotional support via a weekly helpline, as well as general information and support groups.

<http://www.beaumontsociety.org.uk/>

South East England

Mind Out:

MindOut is a mental health service run by and for LGBTIQ+ people with experience of mental health issues. They offer a 1-to-1 counselling service based in Brighton, but also provide an online messaging services based on their website.

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

South West England

Intercom Trust

Intercom Trust is a lesbian, gay, bisexual and transgender community resource covering the South West. They have a directory on their website with services and resources for LGBT+ people across South West England. They also operate a helpline that can be contacted on 0800 612 3010 between 9am–4pm Monday to Friday.

<https://www.intercomtrust.org.uk>

MindOut Dorset

MindOut is a safe, confidential and accepting space for LGBTQ+ people experiencing mental health issues. It offers recovery-based peer and staff support. Each session involves a guided relaxation or mindfulness exercise, time to share experiences and concerns, followed by discussion workshops based on group members' requests.

<https://dorsetmind.uk/help-and-support/support-groups/lgbt/>

North West England

LGBT Foundation:

A Manchester based charity offering mental health services and resources to the gay community. This includes befriending, free counseling and a support helpline.

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

Gyro Liverpool

GYRO is for young people aged 12-25 who are LGBT+, holding youth groups and a 1-to-1 counselling service. They are part of Young Persons Advisory Service (YPAS).

www.ypas.org.uk

Midlands

Birmingham LGBT Centre:

Voluntary organisation providing advice and support to LGBT+ people in Birmingham. Offers counselling, well-being services and a wide range of support groups.

<http://www.blgbt.org/>

Scotland

LGBT Helpline Scotland:

A telephone helpline for LGBT+ people living in Scotland. The helpline can be accessed by phone on 0300 123 2523 during the following hours: Tuesdays from 12-9pm, Wednesdays from 12-9pm, Thursdays from 1-6pm, Sundays from 1-6pm.

<https://www.lgbthealth.org.uk/services-support/helpline/>

LGBT Youth Scotland:

LGBT Youth is a Scotland-based charity for LGBTI young people, working with 13-25 year olds across the country. It runs youth groups around the country and also has a text helpline you can contact on weekdays on 07984 356 512.

<https://lgbtyouth.org.uk/groups-and-support/>

Wales

Transform Cymru:

Transform Cymru is a project run by Youth Cymru working with trans and non-binary young people. They run creative workshops and also provide counselling and support services.

<https://youthcymru.org.uk/transform-cymru-2/>

Glitter Cymru:

Glitter Cymru is a monthly meet-up group in South Wales for Black, Asian & Minority Ethnic (BAME) people who are LGBT+.

<https://twitter.com/GlitterCymru>

Northern Ireland

Cara Friend:

Cara Friend is an LGBT+ organisation offering services across Northern Ireland. They facilitate youth groups and 1-to-1 support, as well as a switchboard helpline. The helpline is open Monday-Friday from 1pm-4pm, with additional evening cover on Wednesdays from 6pm-9pm and can be accessed by phone on 0808 8000 390 or via email at

switchboard@cara-friend.org.uk.

<https://cara-friend.org.uk>

The Rainbow Project:

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of LGBT+ people in Northern Ireland. They provide LGBT+ specific counselling across Northern Ireland and other helpful resources.

<https://www.rainbow-project.org/counselling>

USA LGBTQIA+ Mental Health Resources

The Door

Offers health, legal, education, counseling, and career services for LGBTQ+ youth, including help coming out, creative arts therapy, sexual health workshops, film screenings, and more.

<https://door.org/programs-services/lgbtq/>

Project SOL (Speak Out Loud) at Grand Street Settlement

Drop-in-group for LGBTQ+ young people ages 14-24. Offers case management, advocacy, support groups, and health education, as well as mentoring, internet, SRTS (Safe Routes to School) based activities and field trips. Provides monthly support groups to families with LGBTQ+ members.

<https://www.grandsettlement.org/programs-and-services/youth>

The Trevor Project

National organization focused on crisis and suicide prevention efforts among LGBTQ+ and questioning youth. Operates a free and confidential helpline, Online Chat, Text and in-school workshops, educational materials, online resources and public policy Advocacy.

www.thetrevorproject.org

Ali Forney Center (Services for Homeless LGBTQ Youth)

New York City's largest and most comprehensive shelter, housing, and services provider of homeless LGBTQ+ youth. Works to empower youth to reclaim their lives and reach their full potential.

www.aliforneycenter.org

Hetrick-Martin Institute (Home of the Harvey Milk School)

Oldest and largest multi-service non-profit agency for LGBTQ+ youth.

www.hmi.org

Gender & Family Project (GFP)

GFP provides groups and family therapy to families with LGBTQ+ identified children and adolescents. GFP promotes gender inclusivity as a form of social justice in all the systems involved in the life of the family.

www.ackerman.org/gfp/

Gender Spectrum - info@genderspectrum.org

o Pre-Teen Support Group <https://www.tfaforms.com/4742727>

o Teen Discussion Group <https://www.tfaforms.com/4749394>

o Group for API Parents, Relatives, and Caregivers: Raising Gender Diverse Children and Teens <https://www.tfaforms.com/4803665>

o Grandparents Group <https://www.tfaforms.com/4803168>

<https://www.genderspectrum.org/articles/gender-spectrum-groups#National>

True Colors United

True Colors United seeks to enact innovative solutions to LGBTQ youth homelessness within the United States.

<https://truecolorsunited.org/>