



LGBTQ SUPPORT RESOURCES

TOOLS FOR FINDING LGBTQ SUPPORT:

CONSORTIUM:

Searchable directory of UK LGBTQ services by demographic/area/service.

<https://www.consortium.lgbt/member-directory/>

TRANSUNITE:

Searchable directory of UK trans-specific support.

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

PINKTHERAPY:

Directory of private LGBTQ-friendly therapists.

<https://pinktherapy.com/>

LGBTQ SUPPORT SERVICES (A NON-COMPREHENSIVE LIST):

INFORMATION:

THE PROUD TRUST:

Resources on exploring identity, safety.

<https://www.theproudtrust.org/young-people/>

ALLSORTS:

Online support resources made by LGBTQ young people.

<https://www.allsortsyouth.org.uk/resources/toolkits-booklets-guides>

COUNSELLING:

METRO:

Free LGBTQ counselling.

<https://metrocharity.org.uk/mental-health/lgbtq-counselling-for-young-people>

SPECTRA:

Free LGBTQ counselling.

<https://spectra-london.org.uk/studentspectra/yplgbtq-support/>

GENDERED INTELLIGENCE THERAPY DIRECTORY:

<https://genderedintelligence.co.uk/professionals/therapists-and-counsellors/directory.html>

SUPPORT:

GENDERED INTELLIGENCE:

UK's leading trans-run trans young people's charity, has resources and support groups for young people and parents.

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

MINDLINE TRANS+:

Free trans support hotline.

<https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/>

SWITCHBOARD:

7-day-a-week LGBTQ support hotline.

<https://switchboard.lgbt/>

MERMAIDS:

Support for parents of trans youth.

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

TRANS HEALTH:

SPECTRA:

Trans Health Advocacy Service + training workshops.

<https://spectra-london.org.uk/trans-services/trans-health-advocacy/>

CLINIQ & 56T AT DEAN STREET:

London-based appointment only trans health clinics.

<https://www.dean.st/trans-non-binary/>

FURTHER READING:

MIND:

Guide to supporting LGBTQ mental health.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/supporting-someone-who-is-lgbtqia/>