



Identifying as a member or as a supporter of the LGBTQ+ community has never been so celebrated as it is today. Here is a list of organisations and websites that offer support and information for free.

LGBT Foundation – this is a national charity delivering advice, support and information services to Lesbian, Gay, Bisexual and Trans people in the LGBTQ+ Community - <https://lgbt.foundation/>

The Be YOU Project - There are lots of resources online that can help you understand what you're feeling – and which offer advice for you and the important people in your life. - <https://thebeyouproject.co.uk/resources/>

Stonewall Youth website - with helpful advice and information. If you need to talk to someone, you can also call the Stonewall information service on 08000 50 20 20 - www.youngstonewall.org.uk

The Proud Trust - This charity supports LGBTQ+ youth. They have lots of help and advice for young people on their website and links to other organisations - www.theproudstust.org/for-young-people

Mermaids – Working with young people who feel at odds with the gender they have been assigned. They also work with parents. Mermaids' helpline on 0344 334 0550 (Monday-Friday, 9am-9pm) if you'd prefer to talk to someone. Mermaids also operates an emergency text service – if you need help now, text 'Mermaids' to 85258. - www.mermaidsuk.org.uk

Mind line Trans+ - This is a UK-wide helpline run by and for trans, non-binary, gender-diverse and gender-fluid people. They offer a confidential and non-judgemental listening service – just call 0300 330 5468 (Monday & Friday, 8pm-midnight). The service is also available for friends and families of trans+ people in need of support and advice. Calls are occasionally answered by cisgender allies.

Gendered Intelligence – Gendered Intelligence run projects for young people who identify as trans. Their Knowledge is Power resource is a great place to start educating yourself about trans people and trans issues. They also have information for parents and families. - genderedintelligence.co.uk

The Terrence Higgins Trust - Dedicated to advising LGBTQ+ people about sex and sexual health - www.tht.org.uk/hiv-and-sexual-health/sexual-health/improving-your-sexual-health

GET IT - run by charity Metro, this site allows you to order free condoms and gives advice about sex and relationships. It isn't specific to LGBTQ+ people but offers some good advice - getit.org.uk

FFLAG - A national charity who are dedicated to supporting parents and their lesbian, gay, bisexual and trans children. Providing information on their website, a helpline (call 0845 652 0311 to speak to someone) - www.fflag.org.uk

Switchboard – LGBTQ+ helpline. Call 0300 330 0630 – available 10am-11pm every day and for online chat and email service, try it all at the website - switchboard.lgbt