

Sexuality and Gender Signposting

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General LGBTQ+ Support

- **Switchboard** (helpline/live chat/email) - a confidential, non-judgemental LGBTQ+-specific listening service
<https://switchboard.lgbt/>
 - Phone: [0800 0119 100](tel:08000119100)
 - Everyday (10am-10pm)
 - Live chat: <https://switchboard.lgbt/>
 - Email: hello@switchboard.lgbt
 - They aim to reply within 5 days.
- **Rainbow Migration** (info) has information as to how to apply for asylum while monitoring legal development.
<https://www.rainbowmigration.org.uk/>
- **The Trevor Project** (info) - a charity in America focused on suicide prevention, with information and resources. **Note - the helpline / SMS / live chat are US-specific.**
<https://www.thetrevorproject.org/resources/>

- **LGBT Foundation** (helpline/email). Offers one-to-one support in areas such as safety planning, power and control, healthy relationship boundaries, consent, housing, health and wellbeing and assertive communication.
<https://lgbt.foundation/>
 - Phone: 0345 3 30 30 30
 - Weekdays (9am-9pm), Weekends (10am-6pm) excluding bank holidays and religious festivals
 - Email: dasupport@lgbt.foundation

Hate Crimes

- **Equality Advisory Support Service** (helpline/live chat/email/BSL). UK charity providing independent support to people affected by hate crime. BSL available.
<http://www.equalityadvisoryservice.com/app/home>
 - Phone: 0808 800 0082
 - Monday-Friday (9am-7pm), Saturday (10am-2pm)
 - Live chat and email: <https://www.equalityadvisoryservice.com/app/ask>
 - Monday-Friday (9am-7pm), Saturday (10am-2pm)
 - BSL: <https://www.equalityadvisoryservice.com/app/bsl>
- **Equality and Human rights commission** (info). Provides information on your human rights across England, Scotland and Wales.
<https://www.equalityhumanrights.com/>
- **Galop** (helpline/live chat/info) has advice for those experiencing experiencing LGBTQ+ abuse or violence, such as hate crime, domestic abuse, sexual violence, so-called “conversion therapy” or any other kind of abuse and those around them (friends/family members/professionals). They can also provide advice, advocacy and support, and urgent help with medical support, housing and safety, without police involvement.
<http://www.galop.org.uk/>
 - Phone: 0800 999 5428
 - Monday-Thursday (10am-4:30pm), Friday (10am-4pm)
 - Email: help@galop.org.uk
 - Make a referral for support (for yourself or others):
<https://galop.org.uk/make-a-referral/>
- **Report It** (reporting). A service for reporting Hate Crimes:
 - <https://www.report-it.org.uk/>

- **True Vision** (info/reporting/signposting) - A national scheme providing information to the public about what hate crime is and the ways you can report it.
<https://www.report-it.org.uk/home>
 - Form to report: http://www.report-it.org.uk/your_police_force

Trans-specific resources

- **Beaumont Society** (info / advice / support) has resources for transgender individuals, their partners and families.
<http://www.beaumontsociety.org.uk/>
- **Gender Construction Kit** (info). An information website for trans, nonbinary, and gender non-conforming people with practical tips for making changes in areas such as names, pronouns, body and image.
<https://genderkit.org.uk/>
- **Gendered Intelligence** (info) is a charity supporting young trans people aged under 25, and information for their parents and carers.
<http://genderedintelligence.co.uk/>
- **Mermaids** (helpline/live chat/SMS/info). Charity specialising in trans issues.
<https://mermaidsuk.org.uk/>
 - Phone: [0808 801 0400](tel:08088010400)
 - Monday-Friday (9am-9pm)
 - Live chat: <https://mermaidsuk.org.uk/contact-us/>
 - Monday-Friday (9am-9pm)
 - SMS: Text MERMAIDS to [85258](tel:85258)
 - Operated by SHOUT, available 24/7
- **MindLine Trans+** (helpline) is a helpline specifically for trans+ people, or those questioning their gender
<https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/>
 - Phone: [0300 330 5468](tel:03003305468)
 - Fridays (8pm-11pm)
- **Press for Change** (helpline/info/advice). Legal advice and resources for transgender people.
<http://www.pfc.org.uk/>
 - Phone: 08448 708 165
 - Thursdays guaranteed answer (9:30am-5pm), Monday-Wednesday (10am-4.30pm) when volunteers are available
 - Email: office@pfc.org.uk

- **Spectra** (advice / support) - Peer-led trans services accessible to all trans and gender-diverse people, including 1-2-1 health advocacy support, and counselling, peer mentoring, referral and signposting to relevant partners, talks and workshops and monthly online and in-person social groups. In-person groups are only in London, but online sessions are open to all.
<https://spectra-london.org.uk/trans-services/>
- **The Terrence Higgins Trust** (helpline / live chat / info). the UK's leading HIV and sexual health charity, supporting people living with HIV and amplifying their voices, and help the people using our services to achieve good sexual health. They also have a lot of information regarding transgender issues and trans-specific healthcare.
 - Phone: [0808 802 1221](tel:08088021221)
 - Monday-Friday (10am-6pm)
 - Live chat: <https://www.tht.org.uk/>
 - Monday-Friday (11am-1pm, 3pm-5pm)
- Trans-specific sex and sexual health info:
<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health/trans-people>

Support groups

- **Consortium** (signposting). Directory of services and groups for people who are lesbian, gay, bisexual and transgender.
<https://www.consortium.lgbt/member-directory>
- **Hub of Hope** (signposting). UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find specific kinds of support.
<https://hubofhope.co.uk/>

Local support groups for LGBTQ+ individuals

- **A Alliance Durham** (support) - a Student-run group for those on the asexual and/or aromantic spectrum. They run socials and provide a space for those who identify under this umbrella to meet and discuss their experiences.
<https://linktr.ee/aalliancedurham>
- **Durham LGBTQ+ Association** (general support) provides 'regular social events, representation, campaigns and welfare services' for LGBTQ+ students. They can also signpost to college-specific LGBTQ+ societies.
<https://www.durhamsu.com/groups/lgbt-3b73>
 - @durhamlgbtassoc on instagram
 - General email: lgbta.society@durham.ac.uk
 - Welfare email: welfare.lgbta@durham.ac.uk

- **Humankind North East LGBT+** (support). They offer friendly, practical support around gender identity and/or sexual orientation, including the opportunity to meet other LGBT+ young people.
<https://humankindcharity.org.uk/service/lgbt-north-east/>
 - Phone: 01325 731160
 - Monday-Thursday (8.45am-4.45pm), Friday (8.45am-4.15pm)
 - Email: lgbt@humankindcharity.org.uk
- **Pride in mind - North Tyneside** (support). A social and support group for LGBT+ people with lived experience of mental health conditions. The monthly meetings are a safe space for people to talk and receive support and also plan social events such as meals out and trips to the cinema etc.
<https://healthwatchnorthtyneside.co.uk/services/pride-in-mind>
 - Phone: 07902 403630
 - Email: mish.lorraine@netogether.co.uk

Trans-specific Support Groups

- **Be: Trans Support and Community - Newcastle** (support groups). They provide 1-2-1 person centred support, advocacy, peer support services, advice, and information for transgender people. We also provide transgender consultancy services and training to external organisations.
<https://be-north.org.uk>
- **Durham Trans Association** (info/support) “exists to support and represent students who identify as trans, non-binary, and/or otherwise non-cisgender, as well as those questioning their gender identity” and run socials, welfare, platform students’ voices, and campaigns
 - [@durham_trans](https://www.instagram.com/durham_trans) on instagram
 - Join through <https://www.durhamsu.com/groups/trans-association>
- **GenderGP** (support groups) provides a bank of different support groups UK-wide.
https://www.gendergp.com/directory/wpbdp_category/lgbtqi-support-groups/
- **Gender Identity Research & Education Society** (signposting). Works to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. They maintain a wiki of all transgender support groups nationwide to enable individuals to find support groups near them: <https://www.gires.org.uk/tranzwiki/>
- **Transunite** (support groups) is an organisation for finding Trans+ support groups nearby.
<https://www.transunite.co.uk/>

Housing support

- **Albert Kennedy Trust (AKT)** (live chat) is a support service for 16-25 year-old homeless LGBT young people or those living in a hostile or abusive environment.
<https://www.akt.org.uk/>
- **Stonewall Housing** (helpline/advice). An online referral service and advice line for LGBTQ+ people facing or experiencing homelessness, or living in an unsafe home environment.
<https://stonewallhousing.org/>
 - Phone: 020 7359 5767
 - Monday-Friday (10:00-13:00)

LGBTQ+ & Religion

Christianity

- **ICMD**: the Inclusive Christian Movement Durham (support) offers a space for Christians of any denomination and background to come together.
 - [@imdurham](#) on instagram
 - <https://www.movement.org.uk/scm-connect-directory/13924>
- **One Body One Faith** (info) challenges homophobia and transphobia especially within the church and faith-based organisations.
<https://onebodyonefaith.org.uk/>
- **Quest** (info/signposting) Signposting and information for LGBTQ+ Catholics
<https://questlgbti.uk/>

Islam

- **Hidayah LGBTQI+** (events / support / email). Resources, workshops, email support, social events and mentorship for LGBTQI+ Muslims.
<https://hidayahlgbt.com/>
 - Support email: wellbeing@hidayahlgbt.co.uk
 - Events: <https://hidayahlgbt.com/events/>
 - Wellbeing resources: <https://hidayahlgbt.com/wellbeing/>
- **IMAAN** (info) provides information about LGBT+ identities and their relationship to Islam.
<https://imaanlondon.wordpress.com/>

- **Naz and Matt Foundation** (info/support) - Provides support including 1-2-1's which can be requested for anyone who was born into a Muslim family and identify as LGBTQI+.
<https://www.nazandmattfoundation.org/>

PoC

- **African Rainbow Family** (info/support). Information and support for LGBTIQ people of African heritage and the wider Black and Asian Minority Ethnic groups.
<https://africanrainbowfamily.org/>

Other Information

- **Families and Friends of LGBTQ+ individuals** (info) has information about different support services for LGBTQ+ individuals.
<http://www.fflag.org.uk/>
- **Pink Therapy** (Therapist Directory). Online directory of therapists of all sexualities and gender identities who work with gender and sexual diversity clients across the LGBTQIA+ spectrum from a non-judgmental standpoint, and are part of the LGBTQIA+ spectrum themselves.
<https://pinktherapy.com/>
- **Stonewall** (info) has toolkits and resources for workplaces and schools, and ways for people to get involved with activism.
<https://www.stonewall.org.uk/>