

Sexuality and Gender Signposting

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General LGBTQIA+ Support

- **Switchboard** (helpline/live chat/email). A confidential, non-judgemental LGBTQ+ specific listening service.
<https://switchboard.lgbt/>
 - Phone: 0800 0119 100
 - Available Mon-Sun 10:00-22:00
 - 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/info). Offers a wealth of online resources for a range of issues, such as coming out, housing, hate crimes and domestic abuse. They also offer talking therapies, sexual health support and a helpline and email service.
<https://lgbt.foundation/>
 - Phone: 0345 3 30 30 30
 - Available Mon-Fri 09:00-18:00
 - Email: helpline@lgbt.foundation

Hate Crimes

- **Equality Advisory Support Service** (helpline/email/BSL/live chat). UK charity providing independent support to people affected by hate crime. BSL available.
<https://www.equalityadvisoryservice.com/app>
 - Phone: 0808 800 0082
 - Available Mon-Fri 09:00-19:00; Sat 10:00-14:00
 - Live Chat and Email: <https://www.equalityadvisoryservice.com/app/contact-us>
 - Available Mon-Fri 09:00-17:00
 - 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 LGBTQIA+ 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).
 - Phone: 0800 999 5428
 - Available Mon-Tue 09:15-20:00; Wed-Fri 09:15-16:30 (closed for lunch 13:00-14:00)
 - Live Chat: <https://www.galop.org.uk/helpline>
 - Wed-Thur 09:15-16:15 (closed for lunch 13:00-14:00)
 - Email: help@galop.org.uk
- **Report It** (info/reporting). An information and reporting service for Hate Crimes. Goes in depth about what Hate Crimes are and has many resources and signposting for organisations and victim support groups in your area.
<https://www.report-it.org.uk/>

Trans-Specific Resources

- **Beaumont Society** (info/advice/support) has resources for transgender individuals, their partners and families.
<https://beaumontsociety.org/>
- **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/support) is a charity supporting young trans people aged under 25, and information for their parents and carers.
<https://genderedintelligence.co.uk/>
- **Mermaids** (helpline/live chat/SMS/info). Charity specialising in trans issues.
<https://mermaidsuk.org.uk/>
 - Phone: 0808 801 0400
 - Available Mon-Fri 13:00-20:30
 - Live Chat: <https://mermaidsuk.org.uk/contact-us/>
 - Available Mon-Fri 13:00-20:30
 - SMS: Text SHOUT to 85258
 - Operated by SHOUT, available 24/7
- **MindLine Trans+** (helpline). 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
 - Available Fri 20:00-23:00
- **Press for Change** (helpline/info/advice/email). Legal advice and resources for transgender people.
<http://www.pfc.org.uk/>
 - Phone: 08448 708 165
 - Thu 09:30-17:00 (Guaranteed answer); Mon-Wed 10:00-16:30 (when volunteers available).
 - Email: office@pfc.org.uk
- **Spectra** (support) - Peer led trans services accessible to all trans and gender-diverse people . There are weekly online Transgender group sessions that address a range of issues faced by transgender people.
https://spectra-london.org.uk/spectra_services/trans-and-non-binary-social-groups/
- **Terrence Higgins Trust** (info/helpline/email/live chat) provides information on sexual health and living with HIV, practical and legal support, as well as access to PrEP and PEP. They also provide a helpline, email, live chat service, a counselling service and HIV testing kits.
<https://ttht.org.uk/>
 - Phone: 0808 802 1221
 - Available Mon-Fri 10:00-18:00
 - Email: info@ttht.org.uk
 - Live Chat: <https://ttht.org.uk/get-help/services/ttht-direct-helpline>
 - Available Mon-Fri 10:00-18:00
 - Trans-specific sex and sexual health information:
<https://ttht.org.uk/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 LGBTQIA+ Individuals

- **Queer Sphere Durham** (support). A student run society in Durham focused on building a space with an inclusive, action-led community. They host a range of social events celebrating the LGBTQIA+ community.
<https://www.durhamsu.com/groups/studentgroup/7875/>
 - [@queerspheredurham](https://twitter.com/queerspheredurham)
- **LGBT+ North East** (support). They offer friendly, practical support around gender identity and/or sexual orientation, including the opportunity to meet other LGBT+ young people.
<https://www.waythrough.org.uk/find-support-near-me/lgbt-north-east/>
 - Phone: 01325 731160
 - Available Mon-Thu 08:45-16:45; Fri 08:45-16:15
 - Email: lgbt@waythrough.org.uk
- **Pride Action North** (support). They provide support services for young adults, ranging from 1-1 support to group sessions. They help with a mental health, hate crimes, and domestic and sexual violence. They also run workshops and provide a range of information on their website.
<https://www.prideactionnorth.org.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.
<https://be-north.org.uk/>
 - Contact form: <https://be-north.org.uk/contact>

- **Durham Trans Association** (info/support) “Representing and supporting trans, non-binary, otherwise non-cisgender and questioning students”. They run socials, talks, workshops and gives a platform for students’ voices.
<https://www.durhamsu.com/groups/trans-association/>
 - [@durham trans](#)
- **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.gires.org.uk/tranzwiki/>

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/>
 - Live chat available Mon-Fri 10:00-17:00
- **Stonewall Housing** (helpline/livechat/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: 0800 640 4404
 - Available Mon-Fri 10:00-13:00
 - Live chat available across the website
 - Available Mon-Fri 14:00-17:00
 - Self Referral Form: <https://stonewallhousing.org/referralform/>

LGBTQIA+ & Religion

Christianity

- **Inclusive Christian Movement Durham (ICMD)** (support) offers a space for Christians of any denomination and background to come together.
 - Instagram: @icmdurham
 - Email: jamsociety@gmail.com

- **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 LGBTQIA+ Catholics.
<https://questlgbti.uk/>

Islam

- **Hidayah** (events/support). They have resources, workshops and social events and membership for LGBTQIA+ Muslims.
<https://hidayahlgbt.com/>
 - Resources: <https://hidayahlgbt.com/resources/>
 - Events: https://www.outsavvy.com/organiser/hidayah-lgbtqi#live_events
- **IMAAN** (info) provides information about LGBTQIA+ 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 identifies as LGBTQIA+.
<https://www.nazandmattfoundation.org/>

PoC

- **African Rainbow Family** (info/support/referrals). Information and support for LGBTIQ people of African heritage and the wider Black and Asian Minority Ethnic Groups.
<https://africanrainbowfamily.org/>
 - Referral Form: <https://africanrainbowfamily.org/forms/>
- **Naz Project** (info/counselling/signposting). Works to address sexual health inequalities in LGBTQ+ communities, along with Black, Brown and Global Majority communities. Primarily based in London, but provides online counselling and information for STIs and pregnancy (with a focus in HIV awareness and treatment). Set up by gay rights activists.
<https://www.naz.org.uk/>
 - Self Referral to counselling: <https://www.naz.org.uk/counselling>
 - Mon-Fri for Online counselling.
 - Up to 12 free sessions, then up to £60 per session if further sessions wanted.
- **Sister Shack** (Support). Sister Shack is a Black and Queer led group that works to promote women, non-binary, LGBTQIA+ and Global Majority communities, hosting events throughout the year to curate inclusive spaces. They are based in Newcastle Upon Tyne.
<https://sister-shack.com/>

Other Information

- **Families and Friends of LGBTQ+ individuals** (helpline/info/support). Has information about different services for LGBTQIA+ individuals. They also have a range of services, ranging from 1-2-1 online and helpline support services to a monthly group zoom meeting.
 - Phone: 0300 688 0368
 - Available Wed-Thu 10:00-20:00; Fri-Sat 10:00-18:00
 - Email: support@fflag.org.uk
 - Zoom meeting: <https://fflag.org.uk/zoom-peer-support-group/>
 - Find out more by emailing fflagsupportzoom@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-judgemental standpoint, and are part of the LGBTQIA+ spectrum themselves.
<https://www.gires.org.uk/tranzwiki/>
- **Stonewall** (info) has toolkits and resources for workplaces and schools, and ways for people to get involved with activism.
<https://www.stonewall.org.uk/>