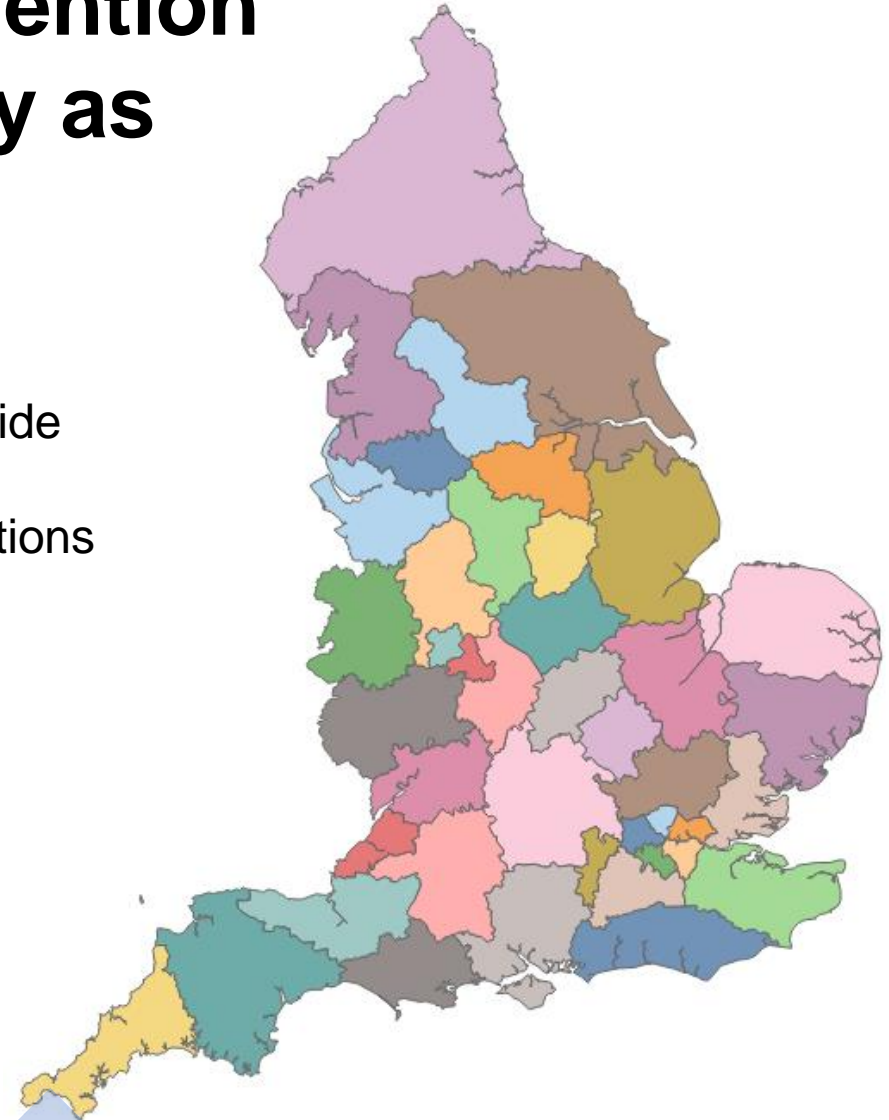


Mental health and suicide prevention support for people who identify as LGBTQI+

- List of charities and organisations providing mental health and suicide prevention support for people who identify as LGBTQI+.
- The list is not exhaustive and will be updated continually. Organisations included are:
 - Organisations who provide services nationally.
 - Organisations based in and supporting people in the devolved nations.
 - Locally based LGBTQI+ charities and organisations.



England and UK wide organisations



- [Albert Kennedy Trust](#) - Organisation that works with LGBTQ+ young people at risk of homelessness.
- [British Asian LGBTI](#) - Support group for South Asian LGBTI.
- [FFLAG](#) – Organisation that supports friends and family members of LGBT people.
- [GALOP](#) - If you've experienced hate crime, sexual violence or domestic abuse, GALOP is there for you. The organisation support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system. They also provide a domestic abuse helpline on 0800 999 5428. They have a dedicated trans advocacy helpline.
- [Gendered Intelligence](#) - This trans youth work charity provides peer support groups, youth worker-led sessions and activities for young trans, non-binary people and gender questioning people. They've adapted to provide some online services, with updates about other services. You can contact their support line and see their online training.
- [LGBT Foundation](#) - Helpline to provide emotional support, brief advice, and signposting. Call 0345 3 30 30 30 or email helpline@lgbt.foundation. Open 9am-9pm Monday to Friday, and 10am-6pm on Saturday and Sunday. There is also an essential guide to COVID-19 and LGBT rights and access to services.
- [LGBT Switchboard](#) - Switchboard is an LGBT+ helpline – a place for calm words when you need them most. They're here to help you with whatever you want to talk about. Nothing is off limits and conversations are 100% confidential. Call 0300 330 0630 (10am-10pm daily).
- [Live Through This](#) - For LGBTQ+ people living with cancer, Live Through This offer advocacy and support. They've taken some of their peer support services online, so get in touch to access these opportunities.
- [Mermaids UK](#) - Family and individual support for gender diverse and transgender children and young people. Mermaids is passionate about supporting children, young people, and their families to achieve a happier life in the face of great adversity.
- [Micro Rainbow](#) - This charity works for a future free from discrimination, with a specific focus on providing safe housing for LGBTI asylum seekers and refugees. Their advice services, including their helplines, are still open for those who need their help.
- [MindLine Trans+](#) - A confidential emotional, mental health support helpline for people who identify as transgender, agender, gender fluid and non-binary. Phone number 0300 330 5468.
- [MindOut](#) - The LGBT advocacy and online support charity for those facing mental health issues. A national out of hours online service is open daily.
- [The Proud Trust](#) - This LGBT+ charity for young people has an online tool to find your local youth group, many of whom have created virtual alternatives. You can search for trans-specific, BAME-specific and LGBT+-specific groups through the tool.
- [Spectra](#) - Provide UK wide therapeutic support and counselling for people who identify as trans, non-binary or questioning their gender. The Trans programme also includes peer mentoring, trans/non-binary social groups, and art therapy group.
- [UKLGIG](#) - UK Lesbian & Gay Immigration Group support those seeking asylum. They offer legal advice and can support you during this time of uncertainty.

Organisations based in devolved nations

Wales

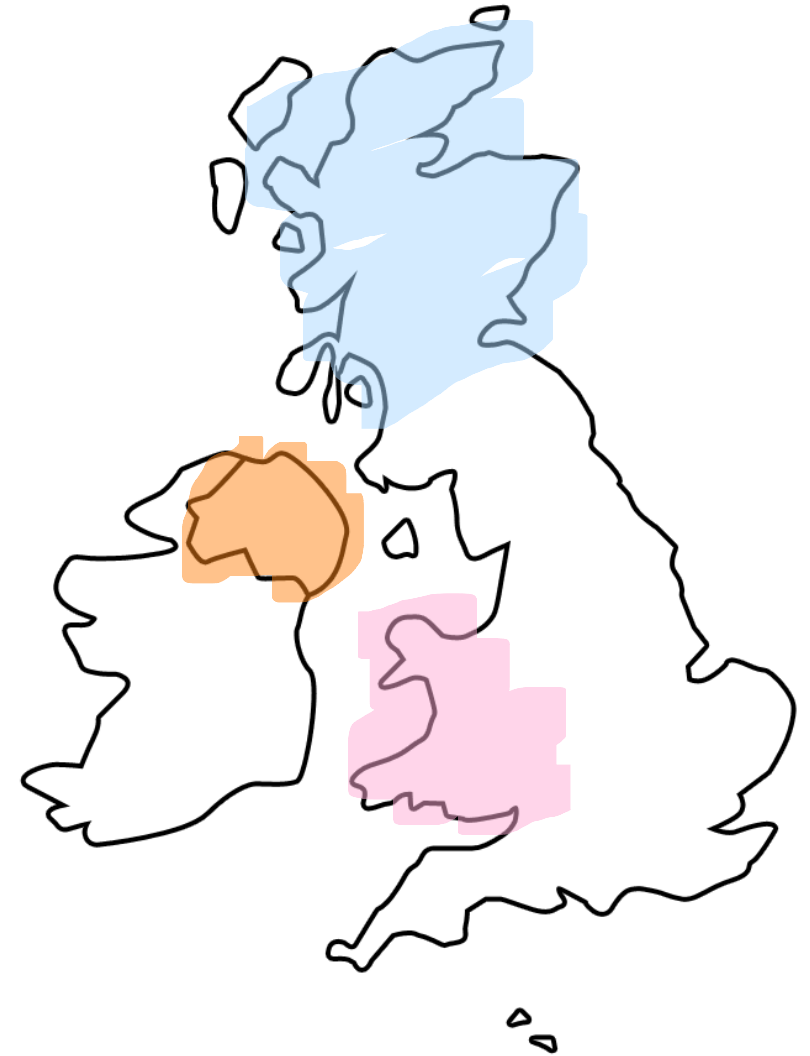
- [LGBT Cymru](#) - Provide general information, advice and confidential support. Have a phone line available every Monday 7-9pm on 0800 980 4021 or email info@lgbtcymru.org.uk.
- [Glitter Cymru](#) - A social group for PoC and BAME people that meets every month in Cardiff.

Scotland

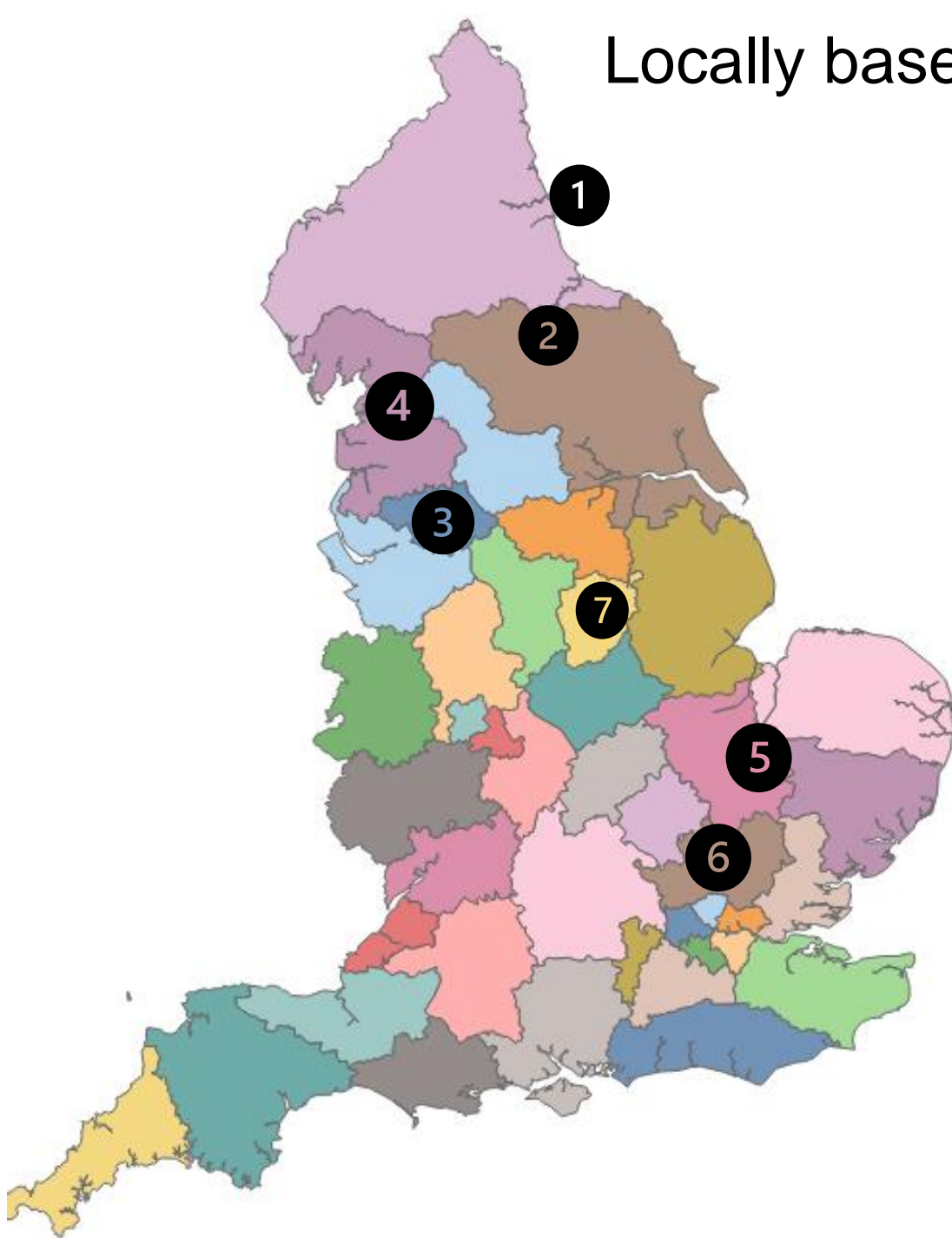
- [LGBT Age](#) - They work with LGBT people aged 50 and over in Greater Glasgow and Lothians. They are currently holding a free telephoning befriending service for LGBTQ+ people over 50 which is Scotland-wide. They are also sending out a weekly newsletter to LGBTQ+ older people.
- [LGBT Health and Wellbeing \(Scotland\)](#) - Information and emotional support for LGBT people and their families. Call LGBT helpline Scotland on 0300 123 2523, email helpline@lgbthealth.org.uk or use BSL

Northern Ireland

- [Transgender NI](#) - Transgender Northern Ireland advocate for and fund work for trans people in Northern Ireland.
- [The Rainbow Project](#) - The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health and well-being of lesbian, gay, bisexual and/or transgender people in Northern Ireland



Locally based organisations



Midlands, East of England and North

1 - [MESMAC Newcastle](#) - A sexual health promotion and HIV prevention service for gay and bisexual men, MSM and men questioning their sexuality. They provide information, advice and support, in addition to a free HIV testing service.

2 - [Rainbow Home North East](#) - This charity provides information and support to LGBT asylum seekers and to those who have been granted leave to remain but are not yet settled. They work in the North East of England covering Newcastle upon Tyne, Sunderland, Gateshead, Durham, Stockton on-Tees and Middlesbrough.

3- [Forward](#) – A new support hub for Stockport's LGBTQ+ community.

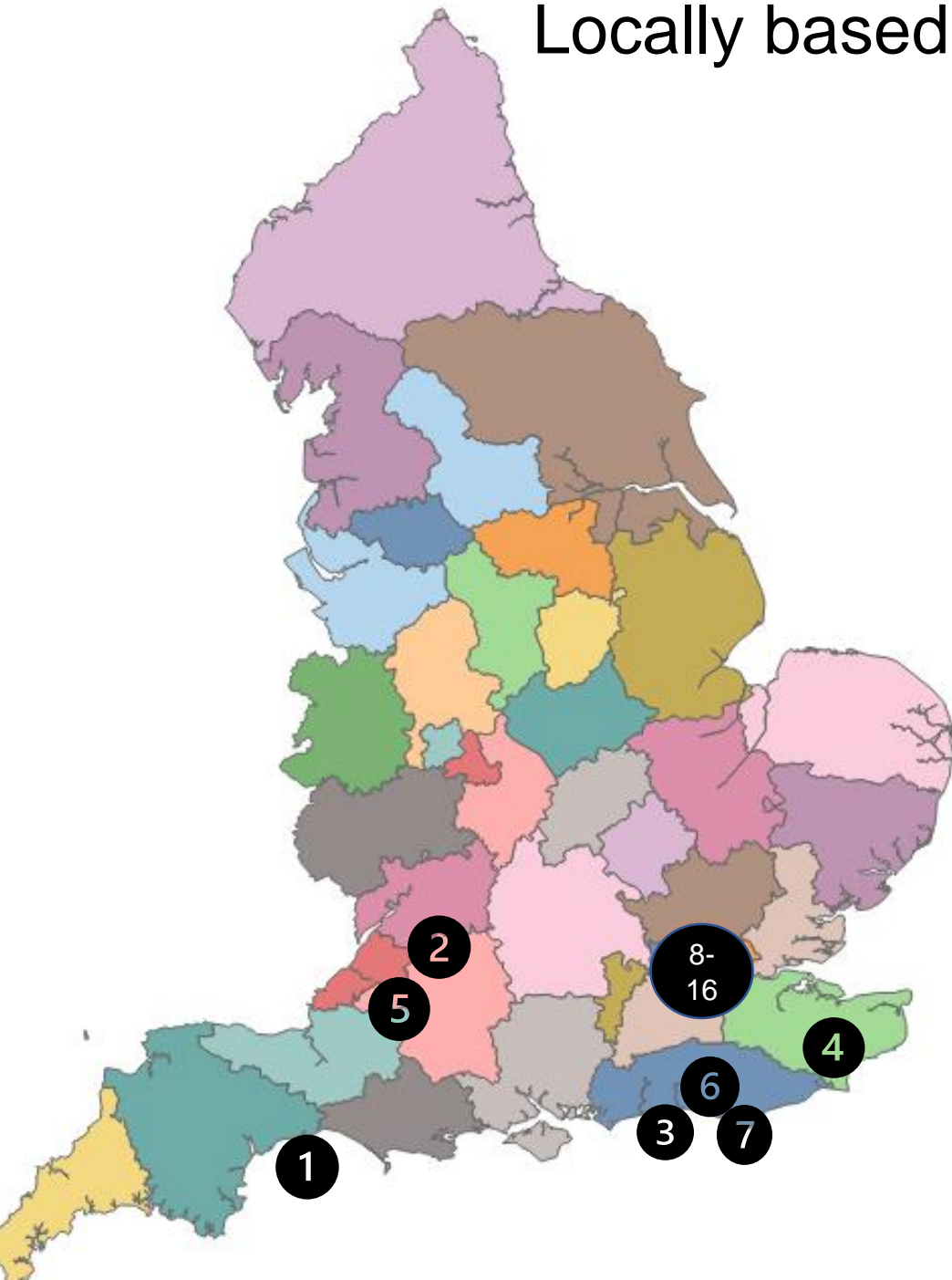
4 - [LGBT Lancashire](#) - Providing a Support and Information service and delivering social and support opportunities for LGBT people.

5 - [The Kite Trust](#) - Cambridge located service providing one-to-one support and social groups and community care.

6 - [Young Pride in Herts](#) - YCH Services for Young People offers support, information and advice to the young LGBT+ community in Hertfordshire.

7 – [LGBT+ Service Nottinghamshire](#) - Provide a range of specialist services for children and young people aged 11-25 who identify as LGBT+ or may be questioning this.

Locally based organisations



London and South

- 1 – [Intercom Trust](#) - A regional LGBT+ charity providing support to LGBT+ individuals and families in the South West. They are currently providing a confidential helpline service and other remote support.
- 2 – [Diversity Trust](#) - This social change organisation in South Gloucestershire offer a peer support group for LGBTQ+ young people aged 13-19, including a resource with other local organisations that can help.
- 3 – [All Sorts Youth project](#) - This Sussex-based charity supports LGBTU young people aged 5 to 26 and their families. They have taken their services online, providing online youth groups, one-to-one emotional support sessions, parent/carers groups, and advocacy support.
- 4 - [BeYou Project](#) - Offer a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other. Based in Kent and Medway.
- 5 - [Off the Record](#) - Offers weekly LGBT+ youth group sessions in Bath and North East Somerset.
- 6 - [Allsorts Youth Project](#) - Listens to, supports & connects children & young people under 26 who are LGBT+ in Brighton and West Sussex.
- 7 - [Sussex LGBTQ Switchboard](#) - Connects people and support them directly through specially developed Switchboard services or link them to other specialist organisations.
- 8 – [London Friend](#) - London Friend is running a four-week Lockdown Remedy Group to help people look after their mental health and wellbeing.
- 9 – [Mosaic LGBT Youth Centre](#) - This London based organisation delivers a diverse range of services to support young LGBT+ people aged 13-19. Check their website, get in touch with them via email, or text/WhatsApp them on 07550124393.
- 10–[Opening Doors London](#) - Support for LGBT+ people over 50 years old. Email befriending@openingdoorslondon.org.uk or call 020 7239 0400 to find out about their befriending scheme. They offer activities to do at home and information around COVID-19.
- 11 - [Outside Project](#) – London LGBT Community space and homeless shelter
- 12 - [Star Refuge](#) - Domestic abuse refuge for London's LGBTIQ+ Community
- 13 - [Free2B Alliance](#) - Support LGBTQ+ young people aged 9-19 and up to 25 for those with learning difficulties or disabilities in the South West London Area and can work with young people from any London Borough
- 14 – [Spectra](#) - LGBT Youth Counselling (across London) and Sexual Health Counselling (in Southwest London).
- 15 – [Elop](#) – Mental health and Wellbeing support for LGBT+ people. Services include: crisis intervention; counselling; befriending; well-being workshops; youth services; and social support groups.
- 16 - [Metro](#) - Counselling support for adults and young people. Services cover London and South East.