

LGBTQ+ Specific Information and Support Organisations

Being Gay is Okay - www.bgiok.org.uk

Information and advice for under 25's who identify as lesbian, gay, bisexual or questioning.

FFLAG - www.fflag.org.uk

National organisation aimed at supporting parents and loved ones of LGBTQ+ young people. This website has some fantastic information guides, as well as support groups and a helpline for parents open 10-10 Wednesday to Saturday – 0300 688 0368.

Galop - www.galop.org.uk

National LGBTQ+ anti-violence charity, where you can report hate crimes or abuse.

Gendered Intelligence - www.genderedintelligence.co.uk

National charity focused specifically on trans issues, and provides a wealth of information, advice and support for young people and their parents.

Gender Identity Development Service - <https://gids.nhs.uk>

England's only NHS service for children and young people experiencing difficulties in the development of their gender identity, their website has practical advice for parents and young people on the process of

LGBT Foundation - <https://lgbt.foundation/helpline>

National charity delivering advice, support and information for young people.

They have a phone helpline for young people, open weekdays 9-9, and weekend 10-6pm – 0345 33030303. You can also email helpline@lgbt.foundation

Mermaids - www.mermaidsuk.org.uk

National charity focused specifically on trans issues, and provides a wealth of information, advice and support for young people and their parents. They have trained specialists to talk to Monday - Friday 9am-9pm, on 0808 801 0400, or online via a webchat.

Stonewall - www.stonewall.org.uk

The UK's largest organisation for LGBTQ+ people of all ages, and their loved ones. They are very active on social media, and have a large amount of information and advice on their website.

Switchboard - <https://switchboard.lgbt>

National phone helpline for LGBTQ+ people – 0300 330 0630