



## **Resource Sheet 1 – National LGBT+ Support Organisations/Service LGBT+ Networks**

### **National Support for the LGBT+ community**

**Stonewall** exists to let all lesbian, gay, bisexual, and trans people know they are not alone. It empowers and supports individuals, helps organisations embed an inclusive and accepting culture, works with communities to change hearts and minds, and campaigns and lobbies the government to change the law. Information and support for LGBT communities and their allies are available from Stonewalls Information Service on 0800 050 2020 or via [www.stonewall.org.uk](http://www.stonewall.org.uk)

**Switchboard LGBT+ Helpline** provides a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health, and emotional wellbeing. It provides support for people to explore the right options for themselves. Call 0300 330 0630, 10am-22pm daily, or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt). [www.switchboard.LGBT](http://www.switchboard.LGBT)

**Mindline Trans+** is an emotional and mental health support helpline (provided through mind) for anyone identifying as transgender, non-binary, or gender fluid. They also offer support to family members, friends, colleagues, and carers. Call 0300 330 5468 Mon-Fri pm-midnight. [www.mindlinetrans.org.uk](http://www.mindlinetrans.org.uk).

**Mind LGBTQ+** is part of Mind UK and provides specific advice for LGBTQ people, where you can access information about mental health support. <https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiqplus-mental-health/about-lgbtiqplus-mental-health/#.W9dAo2L7ST>

**LGBT Foundation** supports the needs of people who identify as lesbian, gay, bisexual, or trans. They support LGBT people to increase their skills, knowledge, and self-confidence and improve and maintain their health and wellbeing. Advice support and information 0345 303030. <https://lgbt.foundation/>

**LGBT CONSORTIUM** offers practical support to people who run LGBT+ groups, projects, and networks. They run a membership directory of LGBT+ services that can be filtered by region, which communities they provide services for, and the types of activity/service provided. <https://www.consortium.lgbt/member-directory/>

**Depend** is an organisation offering free, confidential, and non-judgemental advice, information, and support to adults in the UK with trans partners, friends, or adult family members who are considering or undergoing transition or who have transitioned. [www.depend.org.uk](http://www.depend.org.uk)

**Press for Change** provides legal advice, training, and research to trans people, their representatives, and public and private bodies. [www.pfc.org.uk](http://www.pfc.org.uk)

**Galop** supports LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse. [www.galop.org.uk](http://www.galop.org.uk)

**GIRES** is a UK-wide organisation whose purpose is to improve the lives of trans and gender-diverse people of all ages, including those who are non-binary and non-gender. [www.gires.org.uk](http://www.gires.org.uk)

**True Vision** has been developed by the police as a resource and tool to allow for reporting of hate crimes online. [www.report-it.org.uk](http://www.report-it.org.uk)

**Stop Hate UK** offers independent and confidential information, advice, and support to anyone affected by LGBTQI+ Hate Crimes. [www.stophateuk.org/report-lgb-and-t-hate-crime](http://www.stophateuk.org/report-lgb-and-t-hate-crime)

### **Service LGBT Networks**

The Services LGBT Networks represent the LGBT community in the Armed Forces. They provide policy and inclusion advice and confidential advice and support to individuals on a range of issues, including coming out, health, bullying and harassment, housing, relationships, and families. They organise social functions, conferences, and networking events and participate in several regional Pride marches.

#### **Royal Navy Compass Network**

[www.facebook.com/RNCompass](http://www.facebook.com/RNCompass)

Twitter - @RNCompass

#### **RAF LGBT Freedom Network**

[www.facebook.com/raflgbtforum](http://www.facebook.com/raflgbtforum)

Twitter – RAF\_LGBT

#### **Army LGBT Network**

[www.facebook.com/ArmyLgbt](http://www.facebook.com/ArmyLgbt)

[www.armylgbt.org.uk/veterans](http://www.armylgbt.org.uk/veterans)