

Support for people 50+

Opening Doors

Web: Befriending Service for LGBTQI+ communities

Info: <http://openingdoorslondon.org.uk>

Based in London. Tel: 0207 239 0400

Age UK and LGBTQI+

Web: <https://www.ageuk.org.uk/information-advice/health-well-being/relationships-family/lgbt-information-and-advice/>

HIV and sexual health support

Terrence Higgins Trust

Web: <https://www.tht.org.uk/>

Info: London based. Tel: 0808 802 1221

56 Dean Street

Web: <http://dean.st>

Info: Based in London.
Tel: 0203 315 6699

Support with housing

Albert Kennedy Trust

Web: <https://www.akt.org.uk>

Info: London Tel: 0207 831 6562

Manchester Tel: 0161 228 3308

Newcastle Tel: 0191 281 0099

Stonewall

Web: <https://www.stonewall.org.uk/help-and-advice>

Info: London Tel: 0207 593 1850

Scotland Tel: 0131 474 8019

Wales Tel: 029 2023 7744

LGBTQI+ Jigsaw

Web: <https://www.lgbtjigsaw.net>

Immigration and asylum

London Friend

Web: <http://londonfriend.org.uk/get-support/refugees-asylum-seekers/#.W8iilMeaovq>

Stonewall

Web: <https://www.stonewall.org.uk/help-advice/asylum/overview-asylum>

Support with religion

Imaan - LGBTQI+ Muslim charity

Web: <https://imaanlondon.wordpress.com/about>

Hidayah LGBTQI+ Muslims

Web: <https://www.hidayahlgbt.co.uk>

Jewish LGBTQI+ Group

Web: <http://www.jglg.org.uk>

Rainbow Jews

Web: <http://www.rainbowjews.com>

Christian LGBTQI+ group

Web:

<http://www.onebodyonefaith.org.uk>

Info: Tel: 01636 673 072

Diverse Church

Web: <https://diversechurch.website>

Sikh and LGBTQI+ group

Web: <http://www.sarbat.net>

Support with disability

LGBTQI+ Disability

Web: <http://regard.org.uk>

Drugs, alcohol and addiction

56 Dean Street

Web: <http://dean.st/chemsex-support>

London Friend

Web: <http://londonfriend.org.uk/get-support/drugsandalcohol/anti-dote-accessing-our-services/#.W8ifVuaovoo>

Organisation that have LGBTQI+ focused meetings

Crystal Meth Anonymous

Web: <https://crystalmeth.org>

Alcoholics Anonymous

Web: www.alcoholics-anonymous.org.uk

Sex Addicts Anonymous

Web: <http://saauk.info>

BAME groups

See *Tranzwiki* and *Gendered Intelligence*



Gender Identity Clinic



The Tavistock and Portman
NHS Foundation Trust

Gender identity resource information

LGBTQI+ counselling organisations in London

London Friend

Web: <http://londonfriend.org.uk>

Info: Based in Kings Cross. Offer maximum 12 sessions of low cost counselling.

Also have a trans and non-binary group on 2nd and 4th Tuesday evening of the month, 7-9pm.

CliniQ

Web: <https://cliniq.org.uk>

Info: Dean Street Soho

Elop

Web: <http://elop.org>

Info: Based in Walthamstow. Offer 14, 28 or 42-week therapy contracts. Low cost services based on annual income.

Spectra

Web: <https://spectra-london.org.uk>

Info: Offers counselling and group therapy.

Spectra also offers Skype sessions for those not based in London.

Gendered Intelligence

Web: <http://genderedintelligence.co.uk>

Info: Gender diverse charity for children, adolescents and young adults. Also offer groups for parents.

LGBTQI+ helplines

LGBTQI+ Cymru helpline

Web: www.lgbtcymruhelpline.org.uk

Info: call 0800 840 2069

LGBTQI+ Foundation

Web: <https://lgbt.foundation>

Info: call 0345 330 30 30

LGBTQI+ Switchboard

Web: <https://switchboard.lgbt>

Unsubsidised counselling

Pink Therapy

Web: <http://pinktherapy.com>

<http://www.pinkpractice.co.uk>

LGBTQI+ charities outside of London

Tranzwiki

Web: <https://www.tranzwiki.net>

Info: Use the search tool for local LGBTQI+ groups in your area

Online support

Trans masculine support and advice

Web: <http://www.tmsauk.org>

UK Trans info

Web: <http://tiac.lgbt>

Gender Identity Research and Education Society (GIRES)

Web: <https://www.gires.org.uk>

Parenting

Stonewall

Web: <https://www.stonewall.org.uk/help-advice/parenting-rights>

We are family

Web: <http://wearefamilymagazine.co.uk>

Resources for parents, families, and partners

Depends

Web: <http://depend.org.uk>

Gendered Intelligence

Web: <http://genderedintelligence.co.uk/support/families>

Mermaids

Web: <https://www.mermaidsuk.org.uk>

Elop

Web: <http://elop.org/>

Sexuality

The Asexuality Network

Web: <https://www.asexuality.org>

The Bisexual Index

Web: <http://www.bisexualindex.org.uk>

Legal help and advice

Stonewall

Web: <https://www.stonewall.org.uk/help-and-advice>

Info: London Tel: 0207 593 1850

Scotland Tel: 0131 474 8019

Wales Tel: 029 2023 7744

Support with suicidal thoughts/feelings

Samaritans

Web: <https://www.samaritans.org>

Info: 24/7 support on the phone/email/text Tel: 116 123

Maytree

Web: <http://maytree.org.uk/>

Info: Based in North London. Maytree offer a four night stay for those feeling suicidal free of charge. Tel: 0207 263 7070

Emergency contact:

Urgently needed medical help

Info: call 111

Life threatening emergencies

Info: call 999

You can also:

- Call your GP
- Call your local crisis team

Name change support

Name change website

Web: <https://www.freedeedpoll.org.uk>

Info: demonstrates how to change your name free of charge with two witnesses.

Support with domestic violence, hate crime and sexual violence for LGBTQI+ communities

Galop

Web: <http://www.galop.org.uk>

Info: London Tel: 0207 704 2040

National Tel: 0800 999 5428