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-asy- lum-seekers/#.W8iiMeaovoq

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.jlgl.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/#.W8ifVuaovoq

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
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+ 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/

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

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

We update this leaflet and issue reprints periodically, but cannot guarantee every resource listed above is still available. This leaflet was last updated in December 2018