

# LGBT+ Support

## LGBT Foundation Helpline

The helpline at LGBT Foundation is here to offer non-judgemental support and advice on a range of topics. We can be contacted at:



**0345 3 30 30 30**

The helpline is open on weekdays from 9am-9pm  
and weekends from 10am-6pm.



**helpline@lgbtfoundation**

The helpline can be emailed at any time.

## LGBT Foundation Other Services

LGBT Foundation also provide a wide-range of services to support LGBT community members, including:

- Befriending and Social Support
- Women's, Men's, and Trans Programmes
- Substance Misuse Programme
- Talking Therapies
- Hate Crime Reporting and Support
- Trans Advocacy Service
- Village Angels and Village Haven
- Safer Sex Advice and Sexual Health Testing
- Free Condoms and Lube
- Domestic Abuse Support
- Legal and Police Advice Surgeries

For more information about any of our services, visit:

<https://lgbt.foundation>

# Other Groups and Organisations

**African Rainbow Family** support LGBTIQ people of African Heritage and wider Black and Asian Minority Ethnic groups.

<https://africanrainbowfamily.org/>

**AKT** supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

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

**GALOP** support LGBT+ people who have experienced abuse and violence.

<https://galop.org.uk/>

**Hidayah LGBT** supports LGBTQI+ Muslims.

<https://hidayahlgbt.com/>

**Indigo Gender Identity Service** is a Greater Manchester based NHS adult gender service.

<https://indigogenderservice.uk/>

**Keshet** supports LGBTQ Jewish people and their families.

<https://www.keshetonline.org/>

**LGBT Consortium** supports LGBTQ groups and organisations. Their members' directory can be filtered to find organisations by the type of work they do and/or the communities they work with.

<https://www.consortium.lgbt/>

**Live Through This** is an advocacy and support charity for LGBTQ+ people affected by cancer.

<https://livethroughthis.co.uk/>

**Mermaids** work with gender diverse kids, young people, and their families.

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

**The Proud Trust** supports LGBT+ young people.

<https://www.theproudtrust.org/>

**Rainbow Migration** support LGBTQI+ people through the asylum and immigration system.

<https://rainbowmigration.org.uk/en>

**Stonewall** provide information and support to LGBT people and their allies. Their 'What's In My Area?' service can be used to find LGBT services and community groups local to you.

<https://www.stonewall.org.uk/>

**Terrence Higgins Trust** is an HIV and sexual health charity.

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