

LGBT Foundation – <https://lgbt.foundation/>

- LGBT Foundation provide a wide range of support including a range of support groups; counselling; a befriending scheme; a sexual health programme, a substance-misuse project, and many more.
- They also have a helpline that you can call on 0345 3 30 30 30, Monday to Friday, between 10am and 6pm. Outside of these hours you can email them via helpline@lgbt.foundation for further information and support.

LGBT Switchboard – <https://switchboard.lgbt/>

- Confidential helpline offering support and advice to LGBTQIA+ individuals.
- Telephone: 0800 0119 100

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

- Mermaids has been supporting transgender, non-binary and gender-diverse children, young people, and their families since 1995.
- Helpline: 0808 801 0400 (Monday – Friday; 9am – 9pm)

Galop – <https://galop.org.uk/>

- Galop works directly with the Community who have experienced abuse and violence. They specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, and other forms of abuse including honour-based abuse, forced marriage, and so-called conversion therapies.
- National LGBTQ+ National Domestic Abuse Helpline: 0800 999 5428
- London LGBTQ+ Helpline: 020 7697 4081 (Hate Crime & Sexual Violence)

Mindline Trans+ – <https://mindlinetrans.org.uk/>

- Mindline Trans+ is an emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid, and their family, friends, colleagues and carers.
- Call on 0300 330 5468, Mondays, Wednesdays and Fridays 8pm – Midnight

Rainbow Noir – <https://www.rainbownoirmcr.com/>

- A volunteer led social, peer support and community action group who provide a voice for LGBTQIA+ people of colour.

London Friend – <http://londonfriend.org.uk/>

- London Friend charity which supports the health and mental well-being of the LGBTQIA+ community in and around London. They offer counselling and support around issues such as same-sex relationships, sexual and gender identity.
- 020 7833 1674