



LGBTQ+ (Lesbian, Gay, Bisexual, Trans*, Queer, plus) Resource List

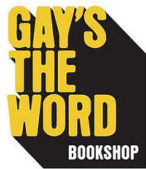
(Curated by James Falcon-Martini Hallett (he/him), LGBTQ+ Trainee Counsellor/Psychotherapist)

LGBTQ+ Wellbeing Support



❖ [London LGBTQ+ Community Centre](#)

The London LGBTQ+ Community Centre is a sober, intersectional community centre and café where all LGBTQ+ people are welcome, supported, can build connections and can flourish.



❖ [Gay's the Word](#)

Gay's The Word is the UK's oldest LGBT bookshop and a touchstone for the broader LGBT community.



❖ [Switchboard](#)

An LGBTQ+ helpline based in London that can take calls from anywhere in the UK, available 10am to 11pm.



❖ [MindOut, LGBTQ Online Support](#)

Our Online Support Live Chat is confidential, non-judgmental and anonymous. We are open on Monday, Tuesday and Wednesday afternoons. MindOut offers more services for those located in Brighton and Hove via their website.



❖ [Project LGBTQ+](#)

Project LGBTQ+ is an initiative launched by Hongkongers in Britain (HKB) in April 2023, aimed at providing support for LGBTQ+ Hongkongers living in the UK and promoting equality in the Hongkonger communities in the UK.

LGBTQ+ Counselling/Psychotherapy



❖ [London Friend](#)

We offer counselling and support around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. We're also home to Antidote - the UK's oldest LGBT drug and alcohol service. Our social groups provide a safe space to meet and socialise as an alternative to the bar and club scene.



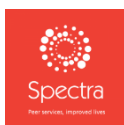
❖ [Elop](#)

Elop is a holistic lesbian and gay centre that offers a range of social, emotional and support services to LGBT communities, and our core services include counselling and young people's services. We can also offer training and consultancy for fellow professionals and those seeking to enhance their understanding of issues facing LGBT communities.



❖ [Pink Therapy](#)

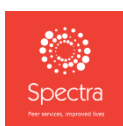
Pink Therapy offers a directory of qualified LGBTQIA+ friendly therapists and counsellors providing trusted, non-judgmental services for people who identify as lesbian, gay, bisexual, trans, queer, asexual, intersex and anyone who identifies as gender, sex or relationship diverse.



❖ [Spectra London](#)

We exist to support people of all sexualities, gender identities, cultural influences and ethnicities who want to make positive changes to their lives. (They offer a wide range of services including for LGBTQ+ sex workers).

Trans*/Non-Binary Support



❖ [Spectra Trans Services](#)

Spectra offers social groups, 121 support, counselling and workshops. Spectra's services are delivered by people of trans experience themselves in a friendly, safe, confidential, non-judgemental and accessible space.



❖ [Gendered Intelligence](#)

Gendered Intelligence works with the trans community and all those who impact on trans lives and specialises in supporting young trans people 8-30. (They deliver mentoring, support groups and have a help line for trans*/non-binary people).



❖ [Mermaids](#)

Mermaids supports transgender, non-binary and gender-diverse children and young people, as well as their families and professionals involved in their care.



❖ [Survivors UK](#)

We provide a national online helpline, individual and group counselling for boys, men and non-binary people aged 13+ who have experienced sexual violence at any time in their lives. We also offer emotional support through the justice system, support for friends and families of survivors, and training for professionals and organisations. (Survivors UK has an ISVA service for men/non-binary people)

LGBTQ+ Support for Abuse



❖ [Galop](#)

Our team has decades of experience in supporting 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. Call our helplines, get support and join our online community.



❖ [Star Support](#)

Star Support is a new London-based refuge and community support service for LGBTIQ+ survivors of domestic abuse. We're here to support London's queer community by providing safe accommodation, community-centred support and advice.



❖ [Survivors UK](#)

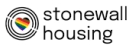
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❖ [LGBT Foundation](#)

We are a national charity with LGBTQ+ health and wellbeing at the heart of everything we do. We celebrate and empower LGBTQ+ individuals and our diverse communities to realise their full potential, every day. (Some services across the UK or online but most only for residents of Greater Manchester).

LGBTQ+ Housing Support



❖ [Stonewall Housing](#)

We're the leading national charity supporting lesbian, gay, bisexual, trans and queer (LGBTQ+) people of all ages who live in the UK and are experiencing homelessness or living in an unsafe environment. Founded in 1983, we provide housing advice, mental health advocacy and support for people fleeing domestic abuse. We also have a safe accommodation scheme in London.



❖ [AKT](#)

AKT supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment. We help young people stay safe in a crisis, find emergency accommodation, access specialist support and develop skills and achieve life goals.



❖ [The Outside Project](#)

The Outside Project is an LGBTIQ+ Community Shelter, Centre and Domestic Abuse Refuge in response to those within the LGBTIQ+ community who feel endangered, who are homeless, 'hidden' homeless and feel that they are on the outside of

services due to historical and present prejudice in society and in their homes.

LGBTQ+ Religious Support



❖ [Naz & Matt Foundation](#)

Naz and Matt Foundation exists to empower and support LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and Intersex) individuals, their friends and family to work towards resolving challenges linked to sexuality or gender identity, particularly where religion is heavily influencing the situation.



❖ [Hidayah](#)

Hidayah (هداية) LGBTQI+ is a charity for Queer Muslims. They offer a 1:1 mentoring scheme to support LGBTQ+ Muslims.



❖ [Sarbat](#)

Sarbat is a volunteer-led group addressing LGBT+ issues from a Sikh perspective. They have a resource page and opportunities to volunteer.



❖ [Diverse Church](#)

Diverse Church provides pastoral care and support and encourages LGBTQIA+ Christians to grow in their faith.

LGBTQ+ Legal and Immigration Support



❖ [Rainbow Migration](#)

Rainbow Migration supports lesbian, gay, bisexual, trans, queer and intersex (LGBTQI+) people through the asylum and immigration system.



❖ [Trans Legal Clinic](#)

The mission of the Trans Legal Clinic is simple; we provide free and accessible legal help to transgender and non-binary people in need.

LGBTQ+ Disability Support

Regard :) ❖ [Regard](#)

Regard is a national organisation of lesbians, gay men, bisexuals, transgender and queer people (LGBTQ) who self-identify as disabled. We follow the Social Model of Disability.



❖ [Deaf Rainbow Network](#)

We aim to provide information and resources for Deaf LGBTIQ+ people, along with everyone else!



❖ [ParaPride](#)

ParaPride is a new charity that focuses on the intersection between the disabled and the LGBTQ+ communities. ParaPride exists to ensure the experience of all members of the LGBTQ+ community is fun, welcoming and equal.

LGBTQ+ International Support

China



❖ [PFLAG China](#)

(同性恋亲友会) PFLAG: A group for parents, families and friends of LGBT people that works to support LGBT people in China. (Website in both Chinese and English)



❖ [Out China](#)

A group and online platform raising awareness and increasing the visibility of the LGBT community by telling personal stories in English and Chinese. Also includes a map of LGBT groups across China.

Japan



❖ [Stonewall Japan](#)

Stonewall Japan - an English-speaking community group for LGBTQIA+ people, providing information and resources as well as a safe space for networking.



❖ [OCCUR](#)

OCCUR (アカー) - an LGBT group focusing on legal activism, HIV-related health provision and community engagement, as well as serving as a group for LGBT youth. (Website in Japanese only).

Korea



❖ [DDing Dong](#)

A crisis support centre for LGBT youth offering mental health support and physical resources (website in Korean only).