



African Rainbow Family

africanrainbowfamily.org

Charity that supports people seeking asylum and refugees who are LGBTIQ+ and have African heritage.

akt

akt.org.uk

Supports LGBTQ people aged 16-25 who are homeless or living in a hostile environment.

Allsorts Youth Project

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

An LGBT+ youth charity that listens to, supports, and connects children and young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

Antidote

<http://londonfriend.org.uk/get-support/drugsandalcohol/>

Antidote is the UK's only LGBT run and targeted drug and alcohol support service. Including free drops-ins, support groups.

Asexual Visibility and Education Network (AVEN)

asexuality.org

International asexual community with resources and online forums.

BeYou Project

<https://thebeyouproject.co.uk/resources>

Resources for allies, parents/carers & teachers on a variety of LGBTQIA+ topics.

Black Beetle Health

blackbeetlehealth.co.uk

Health information for LGBTQ+ Black people and People of Colour in the UK.

Centred

<http://centred.org.uk>

A website that provides comprehensive, searchable, and updated profiles of London-based LGBTQ organisations.

Clare Project

clareproject.org.uk

Provides online information and online groups for trans, non-binary and intersex adults.

Consortium

consortium.lgbt/member-directory

Directory of services and groups for people who are lesbian, gay, bisexual and transgender.

East London LGBT Seniors

<https://services.thejoyapp.com/en/listings/2427-support-socials-and-befriending-for-senior-lgbtq-plus>

Support, socials and befriending for LGBT seniors.

ELOP

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

Social and emotion support services for LGBTQIA people in East London. Providers of training and consultancy for those working with LGBTQIA populations. 'Mellow Yellow' community cafe for LGBTQIA people in North & East London.

Empty Closets

<https://forum.emptyclosets.com/index.php>

A safe online environment for LGBTQ individuals to discuss coming out with each other.

Families and Friends of Lesbians and Gays (FFLAG)

fflag.org.uk

Offers support to parents, friends and family members of those who identify as LGBT+.

Galop

0207 704 2040 (LGBT+ hate crime helpline)
0800 999 5428 (LGBT+ domestic abuse helpline)
0800 130 3335 (Conversion therapy helpline)
help@galop.org.uk
galop.org.uk

Provides helplines and other support for LGBT+ adults and young people who have experienced hate crime, sexual violence or domestic abuse.

Gay Men's Health Charity

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

Improving gay men's health by increasing the control they have over their own lives.

GMI Partnership

<http://gmipartnership.org.uk>

The GMI Partnership is made up of Positive East, METRO and West London Gay Men's Project, and provides outreach and testing services to gay and bisexual men living, working or socialising in London.

Gender Construction Kit

genderkit.org.uk

Information for queer people about the legal and medical process of expressing your gender.

Gender Identity Research & Education Society (GIRES)

gires.org.uk

Works to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

Gendered Intelligence

genderedintelligence.co.uk

Charity supporting young trans people aged under 25, and information for their parents and carers.

Hidayah

hidayahlgbt.co.uk

Runs groups and events across the UK to support LGBT+ Muslim people.

Interconnected UK

interconnecteduk.org

Provide peer support and a safe space for people with intersex traits/variations of sex characteristics (I/VSC) and their loved ones.

It Gets Better UK

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

An international movement that envisions a world where all LGBTQ+ youth are free to live equally and know their worthiness and power as individuals. The project aims to tell the stories of LGBTQ+ people and to provide positive and reassuring messages to LGBTQ+ young people.

KeshetUK

keshetuk.org

Education and training charity supporting Jewish LGBT+ people and their families with inclusion in Jewish life.

LGBT Foundation

0345 3 30 30 30

lgbt.foundation

Advice, support and information for people identifying as LGBTQ+.

LGBT Hero

<https://www.lgbthero.org.uk/about-lgbt-hero>

LGBT HERO is the national health and wellbeing charity dedicated to uplifting and supporting LGBTQ+ people. Every month we support over 100,000 people with trusted information, advice, and various forms of support to keep our community happy and healthy while campaigning to tackle the health and social inequalities our communities face.

London Friend

londonfriend.org.uk

Offers services to support LGBTQ+ health and wellbeing, including support groups and counselling. These are available online, as well as in person around London. And provides information on topics including mental health, coming out, and drug and alcohol use.

London LGBTQ+ Community Centre

<https://londonlgbtqcentre.org/>

Sober community centre for LGBTQ+ people in Blackfriars, providing a safe and relaxed space alongside community events and workshops.

Mermaids

0808 801 0400

mermaidsuk.org.uk

Supports gender-diverse young people aged 19 and under, and their families and carers. Offers a helpline and webchat.

Mosaic Trust

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

Online resources for LGBTQIA young people and parents/guardians.
Camden based LGBTQIA Youth Club.

Micro Rainbow

<https://microrainbow.org/>

Support for LGBTQIA refugees and asylum seekers.

MindLine Trans+

0300 330 5468

mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/

Free, confidential listening service for people identifying as trans or non-binary, and their friends and families.

MindOut

mindout.org.uk

Mental health service run by and for LGBTQ+ people.

Open Table Network

opentable.lgbt

A network of Christian churches across the UK that offer a safe and inclusive community of LGBTQIA+ people.

Outcome

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

Run by Islington Mind 'Outcome' is a LGBT service, which offers therapies to improve mental health, learn new skills and acquire knowledge to improve quality of life.

Pink Therapy

pinktherapy.com

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities.

Positive East

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

East London's HIV charity, offering support for individuals and communities affected by HIV.

Project Indigo

<http://www.offcentre.org.uk/project-indigo/>

A counselling service for young LGBTQ+ people, or those questioning their sexual or gender identity, aimed at 13 to 25-year-olds, based in East London.

Queer Newham

<https://queernewham.weebly.com/>

Queer Newham is a local initiative to raise awareness on gender equality and support the well-being of the LGBTQIA+ community in Newham.

Queeros East

<https://www.instagram.com/queeros.east/>

Meet-ups for LGBTQIA+ East Londoners.

Rainbow Grow Gardening Club

<https://rainbowgrowhackney.wordpress.com/about/>

‘The community gardening group where diversity thrives.’

Rainbow Mind

mindinsalford.org.uk/services/rainbow-mind

Service run by two local Minds offering LGBTQ+ mental health support. Runs regular online support groups for LGBTQ+ people, including a dedicated group for young people aged 17-24.

Rainbow Railroad

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

Rainbow railroad helping those fleeing persecution internationally

SheHerTheyThem

<https://www.shehertheythem.com/>

Community building social initiative for queer women, nonbinary, trans, intersex and gender nonconforming individuals in East London and beyond.

Spectra

08000 50 20 20

spectra-london.org.uk

Provides online groups for trans and non-binary people open to anyone in the UK, as well as peer support services in London.

Stonewall

08000 50 20 20

stonewall.org.uk

Information and advice for LGBT people on a range of issues.

Stonewall Housing

0800 6 404 404

stonewallhousing.org

Specialist housing advice for anyone identifying as LGBTQ+ in the UK.

Switchboard

0800 0119 100

hello@switchboard/lgbt

switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender people.

Terrence Higgins Trust

0808 802 1221

tht.org.uk

Provides support for LGBT+ people worried about their sexual health, including via a listening service.

The Beaumont Society National

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

Self-help body run by and for the transgender community.

The Beaumont Trust

<http://www.beaumont-trust.org.uk>

A charitable educational resource for medical, voluntary and lay people looking to learn more about Gender Dysphoria, Transgender issues and related matters. Also offers support to those affected by the issues they raise.

The Gender Trust

<http://gendertrust.org.uk>

Support and information for Trans People and all those affected by gender identity issues.

Trans Unite

transunite.co.uk

Resource for people in the UK to search for trans support groups

TransActual

transactual.org.uk

Information for trans and non-binary people on healthcare and the law.

Traveller Pride

0800 233 5066

lgbttravellerpride.com

Support for LGBT+ Travellers. Offers a confidential listening service.