LGBT+ Support Groups

**LGBT+ Helpline- 0300 330 0630 (also face book and twitter)**

Support with sexual health and HIV

Sexuality and sexual orientation

Being lesbian, gay, bisexual, Trans

Gender Identity

Family- parents/children

Coming out

**LGBTIQ+ Mental Health**

Support with mental health issue, depression, anxiety, suicidal feelings, alcohol and drug use.

**Outhouse East- 01206 871394**

Registered charity (no 1006244) providing opportunities for LGBTQ+ people in Essex.

Open Mon, Tues, Thurs, Fri and Sat. Call to book appointment or drop in clinic on a Saturday.

13-20yr old youth groups

Trans parents support group

On site counselling

**Stonewall- 0800 0502020**

Information and support with coming out, asylum, Criminal law, discrimination, hate crime, parenting and partnership rights.

**LGBT Foundation- 0345 303030**

A wide range of support offered and support services to lesbian, gay, bisexual and Trans people.

Support groups, counselling, helpline, email and pop in service, befriending scheme, sexual health programme, substance mis-use project, advice surgeries, LGBT infrastructure support.

**Mermaids- helpline 0808 801 0400**

Supporting children, young people and their families to achieve a happier life. Raising awareness about gender nonconformity in children and young adults amongst professionals and general public.

Resources offered for, families, young people, schools, local authorities, police forces, social services, NHS signposting, ChildLine, Scouts and more.

**Gendered Intelligence**

Regular activities for young Trans people

Annual residential trips for young Trans people

Arts and creative workshops for young Trans and young LGBT people from across the UK.

Educational sessions and workshops for young people in schools and colleges.

**Albert Kennedy Trust**

Supporting LGBTQ+ young people in the UK experiencing homelessness or living in hostile environments to find safe homes, employment, education and training.

They can support in finding emergency accomodation, specialist support, help you stay safe in a crisis.

**Outdoors Lads**

Friendly group of gay, bisexual and Trans men who get together to enjoy adventures and activities. Run by volunteers all over the UK and also organise worldwide expeditions.

**Just Like Us**

LGBT+ charity for young people. A national network of university student volunteers giving support to secondary schools to share stories, bust stereotypes and explain why LGBT+ equality is everyone’s issue.