LGBTQ+ Support Services

# 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:

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|  | **0345 3 30 30 30**The helpline is open on weekdays from 9am-9pm and weekends from 10am-6pm. |
|  | **helpline@lgbt.foundation**The helpline can be emailed at any time. |

# LGBT Foundation Other Services

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

|  |  |
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| * Befriending and Social

Support | * Village Angels and Village Haven
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| * Women’s, Men’s, and Trans Programmes
 | * Safer Sex Advice and Sexual Health Testing
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| * Recovery Support
 | * Free Condoms and Lube
 |
| * Talking Therapies
 | * Domestic Abuse Support
 |
| * Hate Crime Reporting and Support
 | * Legal and Police Advice Surgeries
 |
| * Trans Advocacy Service
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For more information about any of our services, visit:

[**https://lgbt.foundation**](https://lgbt.foundation)

# Other Groups and Organisations

This list below is not comprehensive. For further signposting support, please contact your Account Manager, or email Pride in Practice at **pip@lgbt.foundation**

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

[**https://africanrainbowfamily.org/**](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/**](https://www.akt.org.uk/)

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

[**https://galop.org.uk/**](https://galop.org.uk/)

**Hidayah LGBT** supports LGBTQI+ Muslims.

[**https://hidayahlgbt.com/**](https://hidayahlgbt.com/)

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

[**https://indigogenderservice.uk/**](https://indigogenderservice.uk/)

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

[**https://www.keshetonline.org/**](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/**](https://www.consortium.lgbt/)

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

[**https://livethroughthis.co.uk/**](https://livethroughthis.co.uk/)

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

[**https://mermaidsuk.org.uk/**](https://mermaidsuk.org.uk/)

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

[**https://www.theproudtrust.org/**](https://www.theproudtrust.org/)

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

[**https://rainbowmigration.org.uk/en**](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**/](https://www.stonewall.org.uk/)

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

[**https://www.tht.org.uk/**](https://www.tht.org.uk/)