

LGBTQIA FACTSHEET

This factsheet is a live document which will be updated regularly with information and signposting to relevant support for those within the LGBTQIA communities.

IMMEDIATE HELP

First Response Offers support 24/7 to people of all ages living in Craven experiencing a mental health crisis.

<https://www.bdct.nhs.uk/services/first-response/>

Tel: 0800 952 1181.

Samaritans – Support 24/7 for anyone who needs it. Website has an online chat available.

<https://www.samaritans.org>

Tel: 116123

Email: jo@samaritans.org.

SHOUT - 24/7 support. A free, confidential, text-messaging service for anyone struggling to cope.

Text: 85258

<https://giveusashout.org>

Guide-Line (MIND) - 8am - midnight. Confidential emotional support 7 days a week for people living in Craven.

<https://www.mindinbradford.org.uk/support-for-you/guide-line/>

Tel: 08001 884 884

NATIONAL SUPPORT

National LGBTQ+ Switchboard (10am-10pm daily). Website includes an online chat option.

<https://switchboard.lgbt/>

Tel: 0800 0119 100

Mind: LGBTQIA mental health (9am-6pm Mon-Fri) (note: not only for LGBTQIA enquiries but welcoming to all)

<https://tinyurl.com/2k8abdzs>

Tel: 0300 123 3393

Mermaids (9am-9pm, Mon-Fri) Website includes online chat and text messaging options. Supporting trans and gender-diverse children and young people up to 20

<https://mermaidsuk.org.uk>

Tel: 0808 801 0400 .

Gendered Intelligence Help for those awaiting gender-affirmative healthcare. Online support groups available.

<https://genderedintelligence.co.uk>

Tel: 0800 640 8046.

Email: supportline@genderedintelligence.co.uk.

WhatsApp: 07592 650496.

PRIDE EVENTS

Grassington Pride (Pride in the Dales)

<https://www.prideinthedailes.co.uk/>

Skipton Pride

<https://skiptontownhall.co.uk/skipton-pride/>

DISABILITY LGBTQIA SUPPORT

MESMAC Neuroqueer Neurodiversity Group - For neurodivergent LGBTQ+ people aged 18+ diagnosed or self-diagnosed.

Contact: Char Dodsworth

Tel: 07407 761569

Email: c.dodsworth@mesmac.co.uk

ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Dysgraphia, OCD, Tourette's, etc. Meets last Tuesday each month 4pm-6pm. Runs hybrid on Microsoft Teams as well for those who can't attend in person.

Mental health and wellbeing drop-in: online only (using Teams) on the last Thursday of each month.

RELIGIOUS/SPIRITUAL

Imaan - Muslim (national) LGBTQ+ support

<https://imaanlondon.wordpress.com/>

Keshet UK – Jewish (national) LGBTQ+ support

<https://www.keshetuk.org>

Quest – Catholic (national) LGBTQ+ support

<https://questlgbti.uk>

OneBodyOneFaith – Christian (all denominations) (national) LGBTQ+ support

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

Pagan Federation LGBTQ+ Support Team

<https://www.pfcommunity.org.uk/community-support-teams/>

SUPPORT FOR PARENTS

Action for Children

<https://parents.actionforchildren.org.uk/home-family-life/family-relationships/coming-out-as-lgbtq-to-your-child/>

Advice for LGBTQIA parents on coming out to their own children. Online chat available with a Parenting Coach.

FFLAG

<https://www.fflag.org.uk/portfolio-item/parent-groups/>

Mermaids

<https://mermaidsuk.org.uk/parents/>

Support for parents of trans, genderfluid and nonbinary children only.

Barnardos

<https://www.barnardos.org.uk/get-support/support-for-young-people/lgbt>

UK government

<https://www.gov.uk/government/news/new-guide-for-parents-of-lgbt-children>