

## 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](mailto: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](mailto:supportline@genderedintelligence.co.uk).

WhatsApp: 07592 650496.

## PRIDE EVENTS

### **Grassington Pride (Pride in the Dales)**

<https://www.prideinthedales.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](mailto: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>