



words when you need them most;  
people of all ages; a place for calm  
one-stop listening service for LGBT+

Switchboard provides a confidential  
switchboard.lgbt/ chris@  
0300 330 0630  
SWITCHBOARD LGBT+

Offer youth activities, events, support,  
training and resources for young trans  
and gender diverse people and those  
who work and support them.  
www.genderedintelligence.co.uk  
youthwork@genderedintelligence.co.uk  
020 7832 5848



GENDERED INTELLIGENCE

**Specialist  
organisations**



**Talking to us can really help**  
Hounslow Youth Counselling Service

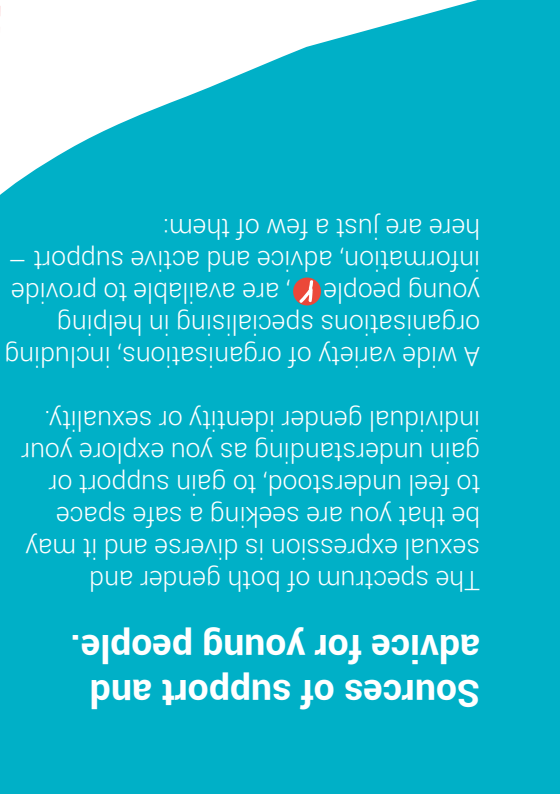
T 020 8568 1818 SMS 07784 481308  
E ask@hycscounselling.co.uk  
www.hycscounselling.co.uk

78 St John's Road, Isleworth,  
Middlesex TW7 6RU

Registered Charity 1196320 (formerly 296333)

**bacp** | Accredited  
Service  
collective mark

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## Sources of support and advice for young people.

The spectrum of both gender and  
sexual expression is diverse and it may  
be that you are seeking a safe space  
to feel understood, to gain support or  
gain understanding as you explore your  
individual gender identity or sexuality.

A wide variety of organisations, including  
organisations specialising in helping  
young people, are available to provide  
information, advice and active support –  
here are just a few of them:

# Gender & sexuality



**HYCS**

**Pocket guide**



## STONEWALL

08000 50 20 20 information service  
[www.stonewall.org.uk](http://www.stonewall.org.uk)

The UK charity for gay, lesbian, bisexual and transgender people and their allies offering information, advice and where to get local support.

## LGBT FOUNDATION

0345 3 30 30 30

<https://lgbt.foundation/helpline>

Organisation for all ages with resources plus helpline LGBT+.

## GENDER CONSTRUCTION KIT

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

A guide to altering things linked to gender, from pronouns, hair and voice to legal advice.

## TRANS STUDENT EDUCATION TRUST

[www.transstudent.org](http://www.transstudent.org)

A youth-led organisation dedicated to transforming the educational environment. Resources section including Gender Unicorn, definitions and posters.

## PINK THERAPY

<https://pinktherapy.org/>

The UK's largest independent therapy organisation working with gender/sexual diversity clients.

## GALOP

[www.galop.org.uk](http://www.galop.org.uk)

LGBT+ Domestic Abuse Helpline - 0800 999 5428

Conversion Therapy Helpline - 0800 130 3335

LGBT+ Hate Crime Helpline - 020 7704 204

## SURVIVORS TRUST - 08088 010818

[www.thesurvivorstrust.org/guides-lgbt-survivors](http://www.thesurvivorstrust.org/guides-lgbt-survivors)

Guides for LGBT+ survivors of sexual violence.



## LGBT JIGSAW

[www.lgbtjigsaw.net/get-support](http://www.lgbtjigsaw.net/get-support)

A partnership committed to achieving better outcomes for homeless young people.

## NAZ

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

For 18+ only – 'Sexual health for everyone' culturally sensitive sexual health promotion/HIV services/counselling to communities in London.

## IMAAN

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

The UK's leading LGBTQ Muslim charity providing information & groups for 18+ age group.

## Other support

### HYCS

020 8568 1818 For free & confidential, youth counselling support in Hounslow Borough or visit

<https://www.hycscounselling.co.uk/self-help-hub/> for more ideas.

### YOUTH ACCESS

<https://www.youthaccess.org.uk/our-network/find-help>

To find youth support services in your area.

## MEDICAL SUPPORT

Get in touch with your doctor or contact

NHS 111 for non-emergency care and advice.

### KIDSCAPE (bullying)

Parent Advice Line: 07496 682785

[www.kidscape.org.uk](http://www.kidscape.org.uk)

### THINKUKNOW (online safety)

0370 496 7622

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

 = Service for young people



**HYCS**

Contact **HYCS** for free 1-2-1 counselling support on **020 568 1818** or text on **0778 4481 308** if you are 11-25 and live, work or study in Hounslow Borough.