

SWITCHBOARD LGBT+
0300 330 0630
https://switchboard.lgbt/ chris@
switchboard.lgbt
Switchboard provides a confidential
one-stop listening service for LGBT+
people of all ages 'a place for calm
words when you need them most'.

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

Specialist organisations

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:

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.

Sources of support and advice for young people.



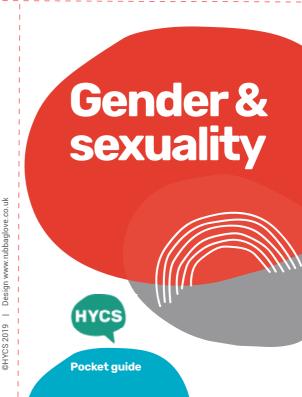
Talking to us can really help
Hounslow Youth Counselling Service

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 296333

bacp Accredited Service





# MERMAIDS (

# 0808 801 0400 www.mermaidsuk.org.uk

Family and individual information and support for gender diverse and transgender young people under 19.

# STONEWALL 08000 50 20 20 information service 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://lqbt.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

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

### PINK THERAPY

# http://www.pinktherapy.com/

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

#### **GALOP**

## www.galop.org.uk/

The LGBT+ anti-violence charity.

Helpline 020 7704 2040





#### **LGBT JIGSAW**

## https://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 (

For free, confidential counselling support 020 8568 1818

# YOUTH ACCESS

www.youthaccess.org.uk/services

Directory to search for local youth support services in your area.

## MEDICAL SUPPORT

Get in touch with your doctor or contact NHS 111 for non-emergency care and advice. 

# **EARLY HELPLINE HOUNSLOW (EHH)** 0208 583 6600 option 1

for advice, guidance or access to Early Intervention Service.

**KIDSCAPE** (bullying) 0845 1 205 204 www.kidscape.org.uk

THINKUKNOW (online safety) 0370 496 7622 www.thinkuknow.co.uk







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.