



SWITCHBOARD LGBT+
 0300 330 0630
<https://switchboard.lgbt/chris@switchboard.lgbt>

020 7832 5848
www.genderintelligence.co.uk
youthwork@genderintelligence.co.uk



Specialist organisations



Talking to us can really help
 Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481308
 E ask@hycscounselling.co.uk
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Gender & sexuality

HYCS

Pocket guide

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 training and resources for young trans and gender diverse people and those who work and support them.
 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:



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://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
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

 = Service for young people



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



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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.