



Gender Identity

Clinic

Support Resources



**LGBT Helpline Scotland**

Promoting the health, wellbeing, and equality of LGBTQ+ adults (16+) in Scotland. All identities under the LGBTQIA+ umbrella are welcome.

* **Telephone Service**
	+ 0300 125 2523
	+ Tues & Weds 12pm-9pm, Thurs & Sun 1pm-6pm
* **50+ Telefriending Service and monthly newsletter**
	+ 0131 5643972 (leave a message)
	+ tele@lgbthealth.org.uk
	+ Referral form on website <https://www.lgbthealth.org.uk/services-support/older-people/telefriending/>
	+ [https://www.lgbthealth.org.uk/subscribe/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lgbthealth.org.uk%2Fsubscribe%2F&data=05%7C01%7Crj.lupin%40nhs.scot%7Ccf005a970f3245d3341608dba235de4b%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638282124467691872%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=01Ejr1R4ShZpQ0GI4Lx7hkAyq2IlJ03vCJegVTIjQS0%3D&reserved=0)
* **LGBT Helpline Scotland Email**
* helpline@lgbthealth.org.uk
* Tues & Weds 12pm-9pm, Thurs & Sun 1pm-6pm
* **Live Chat**
	+ Access the pop up on [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)
	+ Tues & Weds 12pm-9pm, Thurs & Sun 1pm-6pm
* **British Sign Language users**
* <https://contactscotland-bsl.org>
* 0300 123 2523
* Online messenger through [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)
* Tues and Wednesday 12pm-9pm
* **Social Programme (mostly Lothian and Glasgow currently)**
	+ <https://www.lgbthealth.org.uk/whats-on/>
* **Suicide Prevention Toolkit**
	+ [https://www.lgbthealth.org.uk/resource/manual-for-me-lgbt/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lgbthealth.org.uk%2Fresource%2Fmanual-for-me-lgbt%2F&data=05%7C01%7Crj.lupin%40nhs.scot%7Ccf005a970f3245d3341608dba235de4b%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638282124467848092%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MYYYRDaAkmm0v7OEy5anAtY7iyJoMBWpT3N9E%2BfrIww%3D&reserved=0)
* **Conversion Practices Helpline Campaign Toolkit**
	+ [https://t.ly/PFG0n](https://docs.google.com/presentation/d/16EXxzvTKgPN6l5SVwAR_v8zJBL6HkhHqpRAfGRB6xog/edit?pli=1#slide=id.g1ddc1b85094_0_20)
* **Website**
	+ [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

**LGBT Youth Scotland**

* <https://lgbtyouth.org.uk/trans-and-non-binary-coming-out-guide/>
* **Outlanders (for any young people in the Highlands and Islands) **
* Digital youth group
* 13-25 years
* Key youth worker: Laura Dudley- Smith
* Fill in form at <https://www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/outlanders/> and they will get back to you
* **Digital Support via a digital youth worker**
* Live chat via website
	+ Monday and Wednesday 4-8pm
	+ Tuesday and Thursday 6-8pm

If live chat isn’t open click send message on website (bottom corner)

* Email info@lgbtyouth.org.uk
* Info on website <https://www.lgbtyouth.org.uk/groups-and-support/lgbt-advice-centre/>

**Highland Rainbow Folk **

* Independent group for older LGBT people in North Scotland using a story telling model
* Highlandrainbowfolk@gmail.com
* 07513768415
* <http://www.spanglefish.com/highlandrainbowfolk/index.asp?pageid=324768>

**LEAP Sports**

* Leap sports promotes sporting activities for LGBTQI+ individuals, including events specifically for transgender people [https://leapsports.org/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fleapsports.org%2F&data=05%7C01%7Cjenny.cargill%40nhs.scot%7C6f8847ad938c4ac5f7a108db56bc1638%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638199138040046746%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NcS4LYgNU1q7cTj4BahoJ4schPj73ZmXv2%2Fn2BHTag0%3D&reserved=0)
* There is a local group in Inverness

**Inverness Kiki Family**

* Weekly meet ups in Inverness Thursday 7-9pm at the B&B Hotel 63 Academy Street, Inverness, IV1 1LU – wheelchair and accessible toilet available. ( Times of meet up correct at time of writing- please contact them to confirm)
* Facebook group [Inverness Kiki Family | Facebook](https://www.facebook.com/groups/invernesskikifamily/)
* Instagram page [Inverness Kiki Family (@invernesskikifamily) • Instagram photos and videos](https://www.instagram.com/invernesskikifamily/)

**Stepping Out**

* Caithness-based LGBTQ+ group
* Various meet-ups and events for all, and for young people specifically
* <https://www.steppingoutcaithness.com/>

**Scottish Trans**

* National organisation who work to improve gender identity and gender reassignment equality, rights and inclusion in Scotland.
* <https://www.scottishtrans.org/>
* <https://www.scottishtrans.org/community/connecting/>

**Out Together** ****

* Free monthly meet-up events for Lesbian, Gay, Bisexual, Trans and Gender Diverse, and Intersex elders and allies at Eden Court
* [Out Together | Eden Court (eden-court.co.uk)](https://eden-court.co.uk/event/out-together)

**Galop**

A dedicated team with decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

**National LGBT+ Domestic Abuse Helpline**

* **Telephone Service**
	+ Mon-Fri 10am-5pm ( closed bank holidays)
	+ Weds & Thurs 10am-8pm
	+ 0800 9995428
* **Webchat**
	+ Weds & Thurs 5pm-8pm
	+ <https://galop.org.uk/>
	+ Chatbot service 24/7 (not for immediate help)

**LGBT+ Hate Crime Helpline**

* **Telephone Service**
	+ Mon-Fri 10am-4pm
	+ 0207 7042040
* **Email**
	+ hatecrime@galop.org.uk
	+ Email to request call back to avoid call charges

**National Conversion Therapy Helpline**

* **Telephone Service**
	+ Mon-Thurs 10am-8.30pm, Fri 10am-4pm
	+ Calls will be 40 minutes
	+ 0800 1303335
	+ If English is not first or preferred language
* Translation services are available
* **Email address**
	+ CThelp@galop.org.uk

**Safe Binding Advice**

* <https://spectrumoutfitters.co.uk/pages/binding-safely>
* [https://gc2b-help-center.gorgias.help/en-US/articles/sizing-fit-safety-&-binder-care-14178](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgc2b-help-center.gorgias.help%2Fen-US%2Farticles%2Fsizing-fit-safety-%26-binder-care-14178&data=05%7C02%7Crj.lupin%40nhs.scot%7Ce8d8ccba526e4c5a00bd08dc87024d69%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638533691157217126%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=K4fYHOTHhJq7Gru0nuqZr1%2Bb%2FXc56ZBPc55HAWnkVV0%3D&reserved=0)
* [https://shorturl.at/yCFJ1](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fshorturl.at%2FyCFJ1&data=05%7C02%7Crj.lupin%40nhs.scot%7Ce8d8ccba526e4c5a00bd08dc87024d69%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638533691157229952%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=krAIU592PG8LFYzD67w0yA84PCEAG6lOfIv3Mg8bIq8%3D&reserved=0)
* [https://patient.info/news-and-features/how-to-bind-your-chest-safely](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpatient.info%2Fnews-and-features%2Fhow-to-bind-your-chest-safely&data=05%7C02%7Crj.lupin%40nhs.scot%7Ce8d8ccba526e4c5a00bd08dc87024d69%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638533691157553499%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pitWT0OlFr1vmvlsYfP5fk3L7J24NyiXcRoU8i9jmpM%3D&reserved=0)

**Gender Kit**

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

**Kooth**

* <https://www.kooth.com/>
* Free, safe, anonymous support

**Crisis Support**

**Breathing Space**

* **Telephone Service**
	+ Mon-Thurs 6pm-2am, Fri 6pm-Mon 6am
	+ 0800 838587
* <https://breathingspace.scot>
* **British Sign language-**
* Mon- Fri 6pm – midnight
* Sat & Sun 8am – midnight
* accessible via Contact Scotland (link on Breathing Space Website)
* **Text phone**
* Call 18001 0800 22 44 88 OR
* Access via Relay UK app
* **If English is not first or preferred language**
* Mon- Fri 6pm- midnight
* Sat & Sun 8am – midnight
* Call 0800 838587 , say you need an interpreter and which language you prefer
* Call will be done via language line as a three way conversation

**Mikey’s Line**

* **Text Service**
	+ Sun-Thurs 6pm-10pm, Fri-Sat 7pm-7am
	+ Text 07786 207755
* **Drop-in Service Inverness**
	+ Sun-Thurs 6pm-10pm, Fri-Sat 6pm-11pm
	+ The Hive, 19 Academy Street, Inverness, IV1 1JN
* **Drop- in Service Alness**
* Wednesday 4.30pm – 8pm
* The Hive, The place, 61 Alness High Street, Alness
* **Drop- in Service Tain**
	+ Wednesday 4pm- 8pm
	+ The Hive, Tesco Store, Shore Road, Tain
* **Drop- in Service Nairn**
	+ Saturday 6- 10pm
	+ The Hive, Yoga Collective Studio, 17A Acre Street, Nairn
* **Chat on Facebook Messenger**
* **Chat on X (formerly Twitter)**
* **Chat on Whatsapp 01463 729000**
* <https://www.mikeysline.co.uk/>

**Samaritans**

* **24/7 365 support** ( Will not cost anything)
* **One to one Telephone Service** (always free to call)
	+ 116 123
* **Email** (can take several days for a response)
	+ jo@samaritans.org
* **Letter** ( free to send as long as the address includes the first line, aim to respond within 7 days)
	+ Free post Samaritans Letters
* **Online Chat**
	+ Limited availability
	+ <https://www.samaritans.org/how-we-can-help/contact-samaritan/chat-online/>
* **Welsh (Cymraeg) phone service**
* Call 0808 1640123
* Open everyday 7pm-11pm
* **Welsh (Cymraeg) writing service**
* Write to Freepost Samaritans
* **Samaritans Self- help app** (free, accessible via website)
* <https://www.samaritans.org/>

**Shout**

Anonymous text service, aiming to help you reach a calm and safe place

* **24/7 365 support**
* **Text Service**
	+ Text “shout” to 85254
	+ Free from most mobile providers
* https://giveusashout.org/

**Mind**

Information and signposting service

* **Telephone service**
* 0300 123 3393
* Mon- Fri 9am-6pm ( except for bank holidays)
* **Email address**
* info@mind.org.uk
* **Postal Address**
* Mind Infoline, PO Box 75225, London, E15 9FS
* **Legal line (**legal info and general advice on mental health related law)
* 0300 466 6463
* Mon- Fri 9am- 6pm
* Mind Legal Line, PO Box 75225, London, E15 9FS