




Gender Identity Clinic

Support Resources

 denotes resources local to NHS Highland





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/>

- **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
 - 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
 - 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/>


- **Conversion Practices Helpline Campaign Toolkit**
 - <https://t.ly/PFG0n>

- **Website**
 - 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/>
- There is a local group in Inverness 
- Inclusive clubs directory <https://leapsports.org/clubs>
- Instagram: <https://www.instagram.com/outandabouthighlands/>
- Facebook Group: <https://www.facebook.com/groups/292131573079835>





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](#)
- Instagram page [Inverness Kiki Family \(@invernesskikifamily\)](#) • [Instagram photos and videos](#)

Stepping Out 📍

- Caithness-based LGBTQ+ group
- Various meet-ups and events for all, and for young people specifically
- <https://www.stepsoutingcaithness.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 \(eden-court.co.uk\)](#)

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**

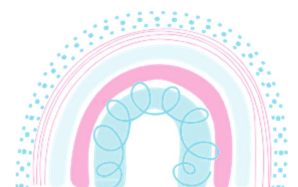
- CThelp@galop.org.uk

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://shorturl.at/yCFJ1>
- <https://patient.info/news-and-features/how-to-bind-your-chest-safely>

Gender Kit

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





TransActual

- <https://transactual.org.uk/>

Kooth

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

Highland Alcohol and Drug Advice and Support Service

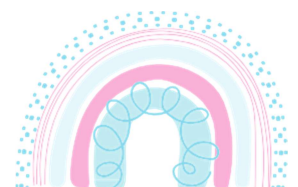
- <https://www.nhshighland.scot.nhs.uk/signposts/alcohol-and-drug-recovery/highland-alcohol-and-drug-advice-and-support-service/>
 - Needle exchange (specialised equipment)
 - Blood-borne virus testing and immunization
 - Overdose and Naloxone training and supply
 - Harm reduction advice
 - Image and performance-enhancing drugs clinic
 - One-to-one support

BEAT Eating Disorders

- <https://www.beateatingdisorders.org.uk/>
- <https://www.beateatingdisorders.org.uk/get-information-and-support/beat-support-in-my-area/beat-services-in-scotland/>
- Email support for Scotland
 - Scotlandhelp@beateatingdisorders.org.uk
- Helpline support for Scotland
 - 0808 801 0432

Highland Sexual Health

- <https://highlandsexualhealth.co.uk/>
 - Home sampling kits – order online
 - Live chat Mon-Fri 4pm-5pm for under 25s
 - Contraception
 - HIV clinic
 - STI testing
 - Gender Identity Clinic
 - Clinics across Highland (appointment only)
- 01463 888300
- Royal Northern Infirmary, Ness Walk, Inverness, IV2 7BD





Gender Identity Clinic

Smoke-Free Highland

- <https://www.smokefreehighland.scot.nhs.uk/>
 - Support to stop smoking or vaping
 - NHS provided advice and support
 - Self-referral form on website

Resources for family members

- <https://lgbtyouth.org.uk/involving-parents-and-carers-in-lgbt-work/>
- <https://lgbtyouth.org.uk/information-hub/>
- <https://mermaidsuk.org.uk/families/>
- <https://www.transparentsees.scot/>





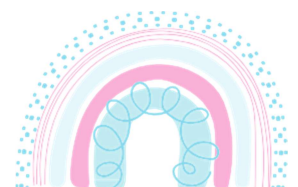
Crisis Support

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



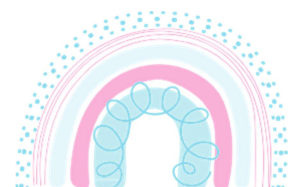


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- **Drop- in Service Tain**
 - Wednesday 4pm- 8pm
 - The Hive, Tesco Store, Shore Road, Tain
- **Drop- in Service Nairn**
 - Saturday 6- 10pm
 - The Hive, Yoga Collective Studio, 17A Acre Street, Nairn
- **Chat on Facebook Messenger**
- **Chat on X (formerly Twitter)**
- **Chat on Whatsapp 01463 729000**
- <https://www.mikeyslines.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

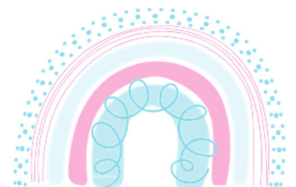
Anonymous text service, aiming to help you reach a calm and safe place

- **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





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Resources for parents of trans people

https://highlandsexualhealth.co.uk/application/files/2816/2374/8938/TransParents_2.pdf

<https://mermaidsuk.org.uk/parents/>

<https://www.facebook.com/transparentsees2/> or transparentsees@gmail.com

