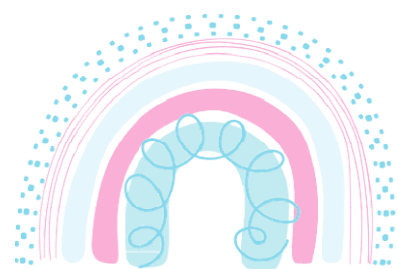




# Gender Identity Clinic

## *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](mailto: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](mailto: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/>
- **Conversion Practices Helpline Campaign Toolkit**
  - <https://t.ly/PFG0n>
- **Website**
  - [www.lgbthealth.org.uk](http://www.lgbthealth.org.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](mailto: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](mailto:CThelp@galop.org.uk)





## **LGBT Youth Scotland**

- **Pillar Youth Group (Inverness)**
  - Merkinch Partnership, 4 Grant Steet IV3 8BL
  - 13-25 years
  - Key youth worker: Zara Keith
  - Every Tuesday 6-8pm
  - Fill in form at <https://www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/pillar/> and they will get back to you.
- **Saga Alness**
  - Alness Youth Centre, 6 High Street, Alness IV17 0PS
  - 12-18 years
  - Key youth worker: Rhys Campbell
  - Every second Saturday of the month 5-7pm
  - Email [Rhys.campbell@highlandschools.net](mailto:Rhys.campbell@highlandschools.net) or find them on Facebook
- **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](mailto:info@lgbtyouth.org.uk)
  - Info on website <https://www.lgbtyouth.org.uk/groups-and-support/lgbt-advice-centre/>





## Gender Identity Clinic

### Highland Rainbow Folk

- Independent group for older LGBT people in North Scotland using a story telling model
  - [Highlandrainbowfolk@gmail.com](mailto: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





## **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.mikeyline.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](mailto: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**





## Gender Identity Clinic

- **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](mailto: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

