

Support links & resources for LGBTQ+

Curious youth group

This is a virtual session that run monthly . The offer is county wide and for young people in year 7 and above.

a safe space for peer support.

Please contact the **LINK** team if you would like any support or to discuss the referral process.

Alternatively please call 07874795426 to speak to a member of the LINK team.

Email: linkcumbria@barnardos.org.uk



Drop Zone

True colours LGBTQ+ Young Person's Support Group

Barrow Action for Trans Awareness (BAFTA) is a social action project to raise awareness of gender inclusivity in the Furness area.

<https://dzip.co.uk/>

Outreach

Counselling project aimed at meeting the specific needs of LGBTQ+ people.

Talk-It-Out

Cumbrian based counselling for the LGBTQ+ community.

Cumbria Transgender/Non-binary Wellbeing Hub

Support, Advice, Information, Safe Social Space, Training

<http://www.outreachcumbria.org.uk/Talk-It-Out-Therapy.php>

Pinc- Pride in North Cumbria

Social and support services to LGBTQ+ people, aged between 13 and 25 years.

Youth drop in clubs

<https://www.prideinnorthcumbria.org/>

Proud Connections / Proud Trust

1:1 web chat – digital support service for LGBTQ+ young people and the adults who support them.

<https://www.theproudtrust.org/proud-connections/>

Stonewall

Information and support for LGBT communities and their allies.

<https://www.stonewall.org.uk/>

Mermaids

Information and support website for gender diversity-

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

Online youth forum -

<https://mermaidsuk.org.uk/young-people/mermaids-youth-community-application/>

Online student space forum (18-25) -

<https://mermaidsuk.org.uk/mermaids-student-space/student-space-forum-application/>

Switchboard LGBT+ Helpline

Switchboard provides a one-stop listening service for LGBTQ+ people on the phone, by email and through instant message

<https://switchboard.lgbt/>

FFLAG

Supports friends and family members of LGBT people

<https://www.fflag.org.uk/>

MindLine Trans+

A confidential emotional, mental health support helpline for people who identify as transgender, agender, gender fluid and non-binary.

<https://bristolmind.org.uk/help-and-support/mindline-transplus/>

Galop

If you've experienced hate crime, sexual violence or domestic abuse, GALOP is there for you. They provide support for lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.

<https://galop.org.uk/>