

The National



LGBT Partnership

VCSE

health &
wellbeing
alliance ■



Mental Health & Wellbeing Services for LBT+ Women

March 2024



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Who We Are

The National LGBT Partnership connects a group of forty LGBTQIA+ organisations across England committed to reducing health inequalities and challenging homophobia, biphobia, and transphobia within public services, improving access to health and social care for LGBTQIA+ people. The Partnership is led by [LGBT Foundation](#) and [Consortium](#). To view a full list of the forty partners, visit <https://www.consortium.lgbt/nationallgbtpartnership/about-thepartners/>

The Partnership is a Sector Strategic Partner of the Department of Health, Public Health England, and NHS England, collaborating with a wide range of organisations as part of the Health and Wellbeing Alliance, influencing policy, practice, and actions of Government and statutory bodies.

✕ : [@LGBTPartnership](#)



Counselling

CliniQ

CliniQ offer a holistic sexual health, mental health and wellbeing service for all trans people, partners and friends. Once you register with these services, the first steps will be to have Support and Mentoring assessment and sessions. These sessions will identify your wellbeing needs.

📍 : Caldecot Centre, 15-22 Caldecot Road, London SE5 9RS

✉ : mentoring@cliniq.org.uk

🌐 : www.cliniq.org.uk

✂ : [@Clini_Q](https://twitter.com/Clini_Q)

📷 : [@cliniq_cic](https://www.instagram.com/cliniq_cic)

elop

elop are a holistic LGBT+ centre offering a range of social, emotional and support services to LGBT+ communities. They offer counselling services to young people (aged 12-17), individuals adults and relationships (18+).

📍 : 56-60 Grove Road, London, E17 9BN

☎ : 07908 553744

✉ : counselling@elop.org

🌐 : www.elop.org

✂ : [@ELOP_LGBT](https://twitter.com/ELOP_LGBT)

📷 : [@elop_lgbt](https://www.instagram.com/elop_lgbt)

Lancashire LGBT

Lancashire LGBT are a Lancashire-based charity supporting LGBTQ+ people to be happier, healthier and better connected. They offer a counselling service and a one-to-one support service for which you can self-refer via their website.

📍 : Derby House, Lytham Road, Preston, PR2 8JE

☎ : 07788 295521

✉ : hello@lancslgbt.org.uk

🌐 : www.lancslgbt.org.uk

✂ : [@LancsLGBT](https://twitter.com/LancsLGBT)

📷 : [@lancslgbt](https://www.instagram.com/lancslgbt)

Leicester LGBT Centre

Leicester LGBT Centre is a voluntary organisation established to support LGBT+ people in Leicester, Leicestershire and Rutland. They offer telephone and digital counselling, alongside in-person counselling. You can self-refer via their website.

📍 : One Five Well Counselling, Floor 2, Voluntary Action LeicesterShire,
9 Newarke Street, Leicester, LE1 5SN

☎ : 01162 547412

✉ : counselling@leicesterlgbtcentre.org

🌐 : www.leicesterlgbtcentre.org

✂ : [@LeicesterLGBT](https://twitter.com/LeicesterLGBT)

📷 : [@leicesterlgbtcentre](https://www.instagram.com/leicesterlgbtcentre)

LGBT Foundation

LGBT Foundation are a national health and wellbeing charity who provide a talking therapy programme for LGBTQ+ people. You can self-refer via their website.

📍 : Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ

☎ : 0345 3 30 30 30

✉ : helpline@lgbt.foundation

🌐 : www.lgbt.foundation

✂ : [@LGBTfdn](https://twitter.com/LGBTfdn)

📷 : [@lgbtfdn](https://www.instagram.com/lgbtfdn)

London Friend

London Friend are a London-based health and wellbeing charity for LGBTQ+ people. They offer 1:1 counselling sessions for people who may be questioning their sexual orientation or gender identity.

📍 : 86 Caledonian Road, London, N1 9DN

☎ : 020 7833 1674

✉ : counselling@londonfriend.org.uk

🌐 : www.londonfriend.org.uk

✂ : [@lgbtfriend](https://twitter.com/lgbtfriend)

📷 : [@londonfriendlgbt](https://www.instagram.com/londonfriendlgbt)

MindOut

MindOut is a mental health service run by and for LGBTQ+ people, based in Brighton. They provide lost-cost counselling face-to-face, online and via telephone for 12 sessions that will provide you the safety and support that you need.

📍 : Community Base, 113 Queens Road, Brighton, BN1 3XG

☎ : 01273 234839

✉ : info@mindout.org.uk

🌐 : www.mindout.org.uk

✂ : [@MindOutLGBTQ](https://twitter.com/MindOutLGBTQ)

📷 : [@mindoutlgbtq](https://www.instagram.com/mindoutlgbtq)

Rainbow Mind

Rainbow Mind is a mental health and wellbeing service run by Mind CHWF and Mind in Salford for LGBTQ+ people. They provide face-to-face and online support.

📍 : Mind in Salford, The Angel Centre, 1 St. Philips Place, Salford, M3 6FA

☎ : 0161 710 1070

✉ : info@mindinsalford.org.uk

🌐 : www.rainbowmind.org

✂ : [@MindsRainbow](https://twitter.com/MindsRainbow)

📷 : [@rainbowminduk](https://www.instagram.com/rainbowminduk)

Domestic & Sexual Violence

Birmingham LGBT (Rainbow Project)

Birmingham LGBT's Rainbow Project is an educational 8-week group work programme for LBT women who are survivors of domestic abuse. The curriculum covers a range of specific topics relating to LBT women and that help promote wellbeing and enable LBT women to understand their experiences of domestic abuse. Women can self-refer or be referred by agencies.

📍 : Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ

☎ : 0121 643 0821

✉ : ldva@blgbt.org

🌐 : www.blgbt.org

✂ : [@birminghamlgbt](https://twitter.com/birminghamlgbt)

📷 : [@birminghamlgbt](https://www.instagram.com/birminghamlgbt)

Bi Survivors Network

Bi Survivors Network are a network of survivors who identify as bisexual. They offer support, solidarity and community to one another through bi-weekly virtual chats.

✉ : bisurvivorsnetwork@gmail.com

🌐 : www.bisurvivorsnetwork.org

✂ : [@NetworkBi](https://twitter.com/NetworkBi)

📷 : [@bisurvivorsnetwork](https://www.instagram.com/bisurvivorsnetwork)

Brighton & Hove Switchboard

Brighton & Hove Switchboard provide a service for LGBTQ people affected by domestic abuse. They provide support to survivors through their Independent Domestic Violence Advisors (IDVAs).

📍 : Community Base, 113 Queens Road, Brighton, East Sussex, BN1 3XG

☎ : 01273 359042

✉ : domesticabuse@switchboard.org.uk

🌐 : www.switchboard.org.uk

✂ : [@LGBTSwitchboard](https://twitter.com/LGBTSwitchboard)

📷 : [@lgbtswitchboard](https://www.instagram.com/lgbtswitchboard)

elop (Reclaim)

elop are a holistic LGBT+ centre offering a range of social, emotional and support services to LGBT+ communities. Reclaim is elop's support group for LBT women who have experience domestic abuse or sexual violence.

📍 : 56-60 Grove Rd, London E17 9BN

☎ : 07908 553744

✉ : mentalhealth@elop.org

🌐 : www.elop.org

✂ : [@ELOP_LGBT](https://twitter.com/ELOP_LGBT)

📷 : [@elop_lgbt](https://www.instagram.com/elop_lgbt)

Galop

Galop specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, and other forms of abuse including honour-based abuse, forced marriage, and so-called conversion therapies.

📍 : 356 Holloway Rd, London, N7 6PA

☎ : 0800 995 428

✉ : info@galop.org.uk

🌐 : www.galop.org.uk

✂ : [@GalopUK](https://twitter.com/GalopUK)

📷 : [@galopuk](https://www.instagram.com/galopuk)

LGBT Foundation

LGBT Foundation are a national health and wellbeing charity. They provide domestic abuse services for LGBTQ+ people in Greater Manchester who are aged 16 and above.

📍 : Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ

☎ : 0345 3 30 30 30

✉ : dasupport@lgbt.foundation

🌐 : www.lgbt.foundation

✂ : [@LGBTfdn](https://twitter.com/LGBTfdn)

📷 : [@lgbtfdn](https://www.instagram.com/lgbtfdn)

Bi Support

Bi Community News

Bi Community News is an online magazine for the bi+ community, operating since 1995. They have a list of bi groups that meet both in person and online.

 : www.bicommunitynews.co.uk

 : [@BiCommunityNews](https://twitter.com/BiCommunityNews)

 : [@bicommunitynews](https://www.instagram.com/bicommunitynews)

BiPhoria

BiPhoria is the UK's longest running bi organisation who provide social and support spaces for bisexual people, and those who think they might be bi. They currently run a number of online events.

 : www.biphoria.org.uk

 : [@BiPhoria](https://twitter.com/BiPhoria)

 : [@biphoria](https://www.instagram.com/biphoria)

Bi Survivors Network

Bi Survivors Network are a network of survivors who identify as bisexual. They offer support, solidarity and community to one another through bi-weekly virtual chats.

 : bisurvivorsnetwork@gmail.com

 : www.bisurvivorsnetwork.org

 : [@NetworkBi](https://twitter.com/NetworkBi)

 : [@bisurvivorsnetwork](https://www.instagram.com/bisurvivorsnetwork)

LGBT Foundation

LGBT Foundation are a national health and wellbeing charity. They host bi-centred events both online and at their community hub in Manchester.

 : Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ

 : 0345 3 30 30 30

 : bi@lgbt.foundation

 : www.lgbt.foundation

 : [@LGBTfdn](https://twitter.com/LGBTfdn)

 : [@lgbtfdn](https://www.instagram.com/lgbtfdn)

Trans Support

CliniQ

CliniQ offer a holistic sexual health, mental health and wellbeing service for all trans people, partners and friends. Once you register with these services, the first steps will be to have Support and Mentoring assessment and sessions. These sessions will identify your wellbeing needs.

📍 : Caldecot Centre, 15-22 Caldecot Road, London SE5 9RS

✉ : mentoring@cliniq.org.uk

🌐 : www.cliniq.org.uk

✂ : [@Clini_Q](https://twitter.com/Clini_Q)

📷 : [@cliniq_cic](https://www.instagram.com/cliniq_cic)

elop

elop are a holistic LGBT+ centre offering a range of social, emotional and support services to LGBT+ communities. They offer counselling services to young people (aged 12-17), individuals adults and relationships (18+).

📍 : 56-60 Grove Road, London, E17 9BN

☎ : 07908 553744

✉ : counselling@elop.org

🌐 : www.elop.org

✂ : [@ELOP_LGBT](https://twitter.com/ELOP_LGBT)

📷 : [@elop_lgbt](https://www.instagram.com/elop_lgbt)

Gendered Intelligence

Gendered Intelligence are national trans-led charity, improving the lives of trans including non-binary people in the UK.

📍 : Voluntary Action Islington, 200a Pentonville Road, London, N1 9JP

☎ : 020 7155 1302

✉ : admin@genderedintelligence.co.uk

🌐 : www.genderedintelligence.co.uk

✂ : [@Genderintell](https://twitter.com/Genderintell)

📷 : [@genderedintelligence](https://www.instagram.com/genderedintelligence)

London Friend

London Friend are a London-based health and wellbeing charity for LGBTQ+ people. They run a group called 'T on Tuesday' which is a trans & non-binary social group taking place on every second and fourth Tuesday of the month, from 7-9pm.

📍 : 86 Caledonian Road, London, N1 9DN

☎ : 020 7833 1674

✉ : tontuesday@londonfriend.org.uk

🌐 : www.londonfriend.org.uk

✂ : [@lgbtfriend](https://twitter.com/lgbtfriend)

📷 : [@londonfriendlgbt](https://www.instagram.com/londonfriendlgbt)

Mermaids

Mermaids is a UK organisation that supports transgender, nonbinary and gender-diverse children, young people, and their families. They have a handful of local groups that meet both virtually and in person.

☎ : 0808 801 0400

✉ : info@mermaidsuk.org.uk

🌐 : www.mermaidsuk.org.uk

📷 : [@mermaidsgender](https://www.instagram.com/mermaidsgender)

Mindline Trans+

Mindline Trans+ is an emotional and mental health support line for anyone identifying as trans, non-binary or gender variant, and their families, friends, colleagues and carers.

☎ : 0300 330 5468

✉ : mindline@mindinsomerset.org.uk

🌐 : www.mindlinetrans.org.uk

✂ : [@MindlineTrans](https://twitter.com/MindlineTrans)

📷 : [@mindlinetrans](https://www.instagram.com/mindlinetrans)

TransUnite

TransUnite is a website listing over 100 verified UK Trans support groups and allowing you to locate one close to you.

 : Lincoln House, 296 – 302 High Holborn, London, WC1V 7JH

 : info@transunite.co.uk

 : www.transunite.co.uk

Social, Support & Meet-Up Groups

Birmingham LGBT

Birmingham LGBT run a social group for all LGBTQ+ women. Join for refreshments and a chat, in a safe and friendly space. This group takes place every three weeks on a Saturday.

📍 : Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham, B1 1EQ

☎ : 0121 643 0821

✉ : hello@blgbt.org

🌐 : www.blgbt.org

✂ : [@birminghamlgbt](https://twitter.com/birminghamlgbt)

📷 : [@birminghamlgbt](https://www.instagram.com/birminghamlgbt)

elop

elop are a holistic LGBTQ+ centre offering a range of social, emotional and support services to LGBTQ+ communities. elop run an activities programme that holds events specially for LBT+ women and a range of mental health and social support groups for the LGBT community, including a families group.

📍 : 56-60 Grove Rd, London E17 9BN

☎ : 07908 553744

✉ : info@elop.org

🌐 : www.elop.org

✂ : [@ELOP_LGBT](https://twitter.com/ELOP_LGBT)

📷 : [@elop_lgbt](https://www.instagram.com/elop_lgbt)

Lancashire LGBT

Lancashire LGBT are a Lancashire-based charity supporting LGBTQ+ people to be happier, healthier and better connected. They run a women's peer support group (inclusive of trans women and non-binary people) for which you can sign up online.

📍 : Derby House, Lytham Road, Preston, PR2 8JE

☎ : 07788 295521

✉ : hello@lancslgbt.org.uk

🌐 : www.lancslgbt.org.uk

✂ : [@LancsLGBT](https://twitter.com/LancsLGBT)

📷 : [@lancslgbt](https://www.instagram.com/lancslgbt)

Leicester LGBT Centre

Leicester LGBT Centre is a voluntary organisation established to support LGBT+ people in Leicester, Leicestershire and Rutland. They run an Adult Trans Group, an Adult LGBT Social Group, Wellbeing Wednesday and Silver Sippers (over 50s).

📍 : Floor 2, Voluntary Action LeicesterShire, 9 Newarke Street, Leicester, LE1 5SN

☎ : 01162 547412

✉ : info@leicesterlgbtcentre.org

🌐 : www.leicesterlgbtcentre.org

✂ : [@LeicesterLGBT](https://twitter.com/LeicesterLGBT)

📷 : [@leicesterlgbtcentre](https://www.instagram.com/leicesterlgbtcentre)

LGBT Foundation

LGBT Foundation are a national health and wellbeing charity. Their Women's Programme, which is currently holding online events for LB+ women, is inclusive of trans women, non-binary people and gender fluid people who identify as lesbian, bisexual or questioning their sexual orientation.

📍 : Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ

☎ : 0345 3 30 30 30

✉ : women@lgbt.foundation

🌐 : www.lgbt.foundation

✂ : [@LGBTfdn](https://twitter.com/LGBTfdn)

📷 : [@lgbtfdn](https://www.instagram.com/lgbtfdn)

London Friend

London Friend are a London-based health and wellbeing charity for LGBTQ+ people. They run CHANGES, a discussion and support-oriented coming out group for women of all ages and backgrounds. The group takes place every second and fourth Monday of the month, 7pm to 9pm.

📍 : 86 Caledonian Road, London, N1 9DN

☎ : 020 7833 1674

✉ : office@londonfriend.org.uk

🌐 : www.londonfriend.org.uk

✂ : [@lgbtfriend](https://twitter.com/lgbtfriend)

📷 : [@londonfriendlgbt](https://www.instagram.com/londonfriendlgbt)

London LGBTQ+ Centre

The London LGBTQ+ Centre is a safe, sober, intergenerational community centre and cafe for the LGBTQ+ community of London.

📍 : 60-62 Hopton Street, Blackfriars, London, SE1 9JH

✉ : hello@londonlgbtqcentre.org

🌐 : www.londonlgbtqcentre.org

✂ : [@LdnLGBTQCentre](https://twitter.com/LdnLGBTQCentre)

📷 : [@ldnlgbtqcentre](https://www.instagram.com/ldnlgbtqcentre)

Opening Doors

Opening Doors is the only dedicated national charity connecting LGBTQ+ people over 50 with activities, events, support and information. They host a Women's Film Club based in Hoxton, every third Tuesday of the month from 6pm – 8.30pm.

📍 : Unit 4.5 Resource for London, 356 Holloway Road, London, N7 6PA

☎ : 020 7183 6260

✉ : community@openingdoors.lgbt

🌐 : www.openingdoors.lgbt

✂ : [@OpeningDoorsUK](https://twitter.com/OpeningDoorsUK)

📷 : [@openingdoorslgbtq](https://www.instagram.com/openingdoorslgbtq)

Open Minds Project

Open Minds Project is an organisation dedicated to creating a safe space for LGBTQ+ Punjabi people. They're currently running a Punjabi LGBTQ+ student space online.

✉ : info@openminds.org.uk

🌐 : www.openminds.org.uk

✂ : [@TOMPUK](https://twitter.com/TOMPUK)

📷 : [@tompuk](https://www.instagram.com/tompuk)



Other LBT+ Women's Spaces

- [London Lesbians & Queer Womxn](#)
- [Sapphic Society Lesbian Community](#)
- [Shabby She Monthly Lesbian Social XX](#)
- [KENRIC](#)
- [Females Loving Females](#)
- [London International Lesbians](#)
- [Lady Flicks Lesbian Film & Social](#)
- [Diva Community](#)

Other Wellbeing Services

London Friend (Antidote)

London Friend are a London-based health and wellbeing charity for LGBTQ+ people. They run Antidote, a LGBT-run and targeted drug and alcohol support service.

📍 : 86 Caledonian Road, London, N1 9DN

☎ : 020 7833 1674

✉ : antidote@londonfriend.org.uk

🌐 : www.londonfriend.org.uk

✂ : [@lgbtfriend](https://twitter.com/lgbtfriend)

📷 : [@londonfriendlgbt](https://www.instagram.com/londonfriendlgbt)

Micro Rainbow (Sista Sista)

Micro Rainbow run Sista Sista, a monthly peer support group for LBTQI asylum-seeking women and refugees, including those who have suffered gender-based violence with the goal of reclaiming the mind and body.

☎ : 0800 3585851

✉ : social@microrainbow.org

🌐 : www.microrainbow.org

✂ : [@MicroRainbow](https://twitter.com/MicroRainbow)

📷 : [@microrainbow](https://www.instagram.com/microrainbow)

Pride Sports

Pride Sports was founded in 2006 and was the first, and still one of only three organisations in the UK working solely to challenge homophobia, biphobia and transphobia in sport and improve access to sport for LGBT+ people.

✉ : info@pridesports.org.uk

🌐 : www.pridesports.org.uk

✂ : [@PrideSportsUK](https://twitter.com/PrideSportsUK)

📷 : [@pridesportsuk](https://www.instagram.com/pridesportsuk)

Stonewall Housing

Stonewall Housing are a housing and homelessness charity supporting LGBTQ+ people in the UK. They provide safe spaces, housing advice & specialist support.

📍 : 8 Coppergate House, 10 White's Row, London, E1 7NF

☎ : 0800 6 404 404

✉ : info@stonewallhousing.org

🌐 : www.stonewallhousing.org

✂ : [@Stonewallhousin](https://twitter.com/Stonewallhousin)

📷 : [@stonewallhousing](https://www.instagram.com/stonewallhousing)

Albert Kennedy Trust

AKT are an LGBTQ+ youth homelessness charity for 16 – 25 year olds who are struggling with their housing situation or living in hostile, unsafe environments.

📍 : Hoxton Works, Unit 3.1 and 3.2, 128 Hoxton Street, London, N1 6SH

☎ : 0207 831 6562

✉ : gethelp@akt.org.uk

🌐 : www.akt.org.uk

✂ : [@aktcharity](https://twitter.com/aktcharity)

📷 : [@aktcharity](https://www.instagram.com/aktcharity)

Telephone Helplines

Brighton & Hove Switchboard

Brighton & Hove Switchboard's helpline (open 7pm-9:30 pm, Mondays to Thursdays) provides you with support and information and will connect you to the right LGBTQ services or advice.

📍: Community Base, 113 Queens Road, Brighton, East Sussex, BN1 3XG

☎️: 01273 204050

✉️: helpline@switchboard.org.uk

🌐: www.switchboard.org.uk

✂️: [@LGBTSwitchboard](https://twitter.com/LGBTSwitchboard)

📷: [@lgbtswitchboard](https://www.instagram.com/lgbtswitchboard)

LGBT Foundation

LGBT Foundation are a national health and wellbeing charity. Their helpline is open daily from 10am-10pm.

📍: Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ

☎️: 0345 3 30 30 30

✉️: helpline@lgbt.foundation

🌐: www.lgbt.foundation

✂️: [@LGBTfdn](https://twitter.com/LGBTfdn)

📷: [@lgbtfdn](https://www.instagram.com/lgbtfdn)

Switchboard

Switchboard is a national LGBTQIA+ helpline, open daily from 10am-10pm.

☎️: 0800 0119 100

✉️: hello@switchboard.lgbt

🌐: www.switchboard.lgbt

✂️: [@switchboardLGBT](https://twitter.com/switchboardLGBT)

📷: [@switchboardlgbt](https://www.instagram.com/switchboardlgbt)



We know that reaching out for help can be hard. But we hope this resource highlights just how much support is out there, waiting for you.