

GET LGBT+ SUPPORT

School can help too. Just talk to:



Switchboard (@switchboardlgbt)

Switchboard is an information, support and referral service for LGBT+ people and anyone considering issues around their sexuality and/or gender identity.

Website: www.switchboard.lgbt Helpline: 0300 330 0630



AKT (@aktcharity)

AKT supports LGBT+ young people experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes.

Website: www.akt.org.uk Email: gethelp@akt.org.uk



Mermaids (@mermaidsgender)

Mermaids supports children and young people who are gender diverse, as well as their families and professionals involved in their care. They operate a number of services for young people and parents across the UK.

Website: www.mermaidsuk.org.uk Helpline: 0808 801 0400



Gendered Intelligence (@genderedintelligence)

Gendered Intelligence runs a number of youth groups that welcome trans, non-binary, gender variant and questioning young people. Gendered Intelligence also hosts a camping weekend and offers resources on their website.

Website: www.genderedintelligence.co.uk



Stonewall (@stonewalluk)

Stonewall is one of the UK's best known LGBT+ organisations. Their 'What's in My Area?' page allows you to see what LGBT+ services and community groups are local to you by putting in your postcode.

Website: www.stonewall.org.uk

GET MENTAL HEALTH SUPPORT

School can help too. Just talk to:



Young Minds (@youngmindsuk)

Young Minds is a charity that advocates for young people's mental health and you can use their website to find help.

Website: www.youngminds.org.uk Helpline: Text YM to 85258



NHS (@nhswebsite)

The NHS will help you find mental health services for young people in your area.

Website: www.nhs.uk



ChildLine (@childline_official)

ChildLine is a counselling service for young people up to the age of nineteen.

Website: www.childline.org.uk Helpline: 0800 1111



The Mix (@themixuk)

The Mix is a digital support services for young people, by young people.

Website: www.themix.org.uk Helpline: 0808 808 4994



Kooth (@kooth_uk)

Kooth is an online mental health community for young people.

Website: www.kooth.com

GET SEXUAL HEALTH AND RELATIONSHIP SUPPORT

School can help too. Just talk to:



Brook (@brook_sexpositive)

Brook is a sexual health and wellbeing charity for under-25s, including a comprehensive help and advice section, as well as the opportunity to ask questions online.

Website: www.brook.org.uk



NHS (@nhswebsite)

The NHS has information about sexual health and sexual health services for young people.

Website: www.nhs.uk



Scarleteen (@scarleteenorg)

Scarleteen has inclusive and comprehensive sex and relationships advice for young people.

Website: www.scarleteen.com



ThinkUKnow

ThinkUKnow is an organisation dedicated to helping young people stay safe online, with different websites based on your age.

Website: www.thinkuknow.co.uk



Channel 4's 'Am I Normal?' (@c4_aminormal)

Am I Normal? is a Channel 4 project that aims to redefine what you think of as normal. The website has closed but there's still plenty of video content on All4.

Website: <https://www.channel4.com/collection/am-i-normal-on-all-4>