



**Greater Manchester
Mental Health**
NHS Foundation Trust

Library and Knowledge Services

**COVID-19 AND THE
LGBT COMMUNITY**

Information, resources and helplines

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Mental Health Support and Counselling

LGBT support

LGBT Foundation

Talking Therapies will continue to accept referrals for telephone and online therapy. Due to current service changes, we are at present unable to offer therapy to anyone outside of Greater Manchester. Assessments and one-to-one counselling sessions will be delivered remotely via telephone or web platform/mobile app.

Telephone: 0345 3 30 30 30, Monday to Friday 9am-9pm, Saturday and Sunday 10am-6pm

Email: referrals@lgbt.foundation for referrals

Website: <http://lgbt.foundation/>

MindOut

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people.

Telephone: 01273234839

Email: info@mindout.org.uk

Online instant message service: <https://www.mindout.org.uk/get-support/mindout-online/>

Website: <https://www.mindout.org.uk/>

MindLine Trans+

A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.

Mondays and Fridays: 8pm to midnight. 0300 330 5468 | [Visit the MindLine Trans+ webpage.](#)

Switchboard

National LGBT+ helpline

Telephone: 0300 330 0630, Open 10:00-22:00 every day

Email: chris@switchboard.lgbt

Online chat service: <https://switchboard.lgbt/>

<https://switchboard.lgbt/>

Pink Therapy

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities – requires registration and payment.

Website: <http://www.pinktherapy.com/en-gb/findatherapist.aspx>

The Affinity Centre – Manchester

Gay, Lesbian and Bisexual Counselling – requires payment

Telephone: 01625 529099

Website: <https://affinitycentre.co.uk/gay-lesbian-bisexual-counselling-manchester/>

Last updated: 05/06/20

General support but able to offer LGBT specialism

British Association for Counselling and Psychotherapy Therapist Directory

Online directory of therapists registered with the BACP. [Varying charges.](#)

Website: <https://www.bacp.co.uk/search/Therapists>

The Counselling and Family Centre – South Manchester

Offer online and telephone counselling sessions – [requires payment](#)

Telephone: 0161 941 7754, Monday to Friday - 10:00am to 4:00pm

Email: appointments@thecfc.org.uk

Website: <https://www.thecfc.org.uk/>

Manchester and Greater Manchester support

MhIST - Bolton

All face-to-face groups are temporarily suspended. However, we are still recording interest in the groups and have set up WhatsApp groups where possible. Mental Health Independent Support Team (MhIST) staff are working remotely but can be easily contacted by

Telephone: 01204 527200

Email: help@mhist.co.uk

Text: 07800000396

Website: <https://mhist.co.uk/>

Manchester Mind

Due to the current situation our face-to-face services, including our advice drop-in, are currently suspended. If you need to speak to a member of the team please call 0161 769 5732.

Manchester Community Central

Spreadsheets containing the details of local support during the COVID-19 outbreak. They are divided into North, Central and South Manchester, there is also a spreadsheet for services that cover the entire city.

<https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/changes-services-your-area>

Rochdale and District Mind

Rochdale and District Mind operate a confidential mental health telephone information line: Please telephone our freephone number 0800 107 0729 or 01706 752338

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

Self referral available: <https://www.rochdalemind.org.uk/how-we-can-help/how-to-refer/>

Stockport Mind

Telephone/email/social media support still available, regardless of whether people are already under the service or not, as much as is possible.

If the answerphone is on, we will get back to people when able. Staff all working from home except for a rotation system to cover phones in the office on 0161 480 7393 ([during opening hours](#)).

Last updated: 05/06/20

Mental Health Support in Tameside and Glossop

Information about different support services in Tameside and Glossop with COVID-19 updates

<https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb>

The Wigan Mental Health Urgent Response Team

01942 636395 (24 hours a day, 365 days a year)

<https://www.nwbh.nhs.uk/urgent-response-team-wigan>

Mindline Cumbria

Mental health support and guidance

0300 561 0000, Monday to Friday 12 noon - 11 pm, Sat, Sun and Bank Holidays 5 pm - 11 pm

<http://www.mindincumbria.org.uk/default.aspx>

Borderline Counselling

Provide a counselling and training service across north Cumbria and south Scotland.

Telephone: 01228 596 900

Email: info@borderlinecounselling.co.uk

Website: <http://www.borderlinecounselling.co.uk/>

National support for mental health

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Kooth

Online counselling and emotional wellbeing support for 11-18 year olds

Online chat: Monday – Friday 9am – 10pm, Saturday and Sunday 6pm – 10pm

Website: <https://www.kooth.com>

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

Mood Swings

Aimed at anyone affected by a mood disorder, including friends, families and carers.

Telephone: 0161 832 37 36, Monday to Friday 10am to 4pm

E-mail: info@moodswings.org.uk

Website: www.moodswings.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's

Access Charge

Website: www.nopanic.org.uk

Nightline

If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PANDAS Foundation

FREE helpline 0808 1961 776. Available on all landlines. Monday – Sunday 9am- 8pm. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.

PANDAS Email Support: info@pandasfoundation.org.uk available 365 days a year. We'll respond within 72 hours. Please get in touch if you'd like any more information regarding perinatal mental illness or are looking for support for yourself or your partner, friend or colleague.

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Last updated: 05/06/20

Shout

Use the '[Shout' crisis text line](#) - text SHOUT to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

The Mix

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

Online resources for LGBT mental health

LGBT Foundation

COVID-19 Wellbeing Hub

<https://lgbt.foundation/coronavirus/wellbeing>

Switchboard

Emotional wellbeing support pack

<https://switchboard.lgbt/wp-content/uploads/2020/05/Emotional-Wellbeing-Support-Pack.pdf>

Mind

Gives information about mental health support for people who are lesbian, gay, bisexual, trans, intersex, queer or questioning (LGBTIQ+).

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiqplus-mental-health/about-lgbtiqplus-mental-health/>

Rethink Mental Illness

LGBT+ mental health page

<https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/lgbtplus-mental-health/>

NHS

Mental health issues if you're gay, lesbian, bisexual or trans

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-issues-if-you-are-gay-lesbian-or-bisexual/>

General mental health during COVID-19 online resources

Public Health England

COVID-19: Guidance for the public on mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

COVID-19: Guidance for parents and carers on supporting children and young people's mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Last updated: 05/06/20

Greater Manchester Combined Authority

Wellbeing and mental health during COVID-19: A guide to looking after yourself and others

<https://hub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/05/Wellbeing-and-mental-health-during-COVID-19.-A-guide-to-looking-after-yourself-and-others.pdf>

Mental Health Foundation

Looking after your mental health during the Coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Mind

Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Rethink Mental Illness

COVID-19 and mental illness help and advice

<https://www.rethink.org/advice-and-information/covid-19-support/>

WHO

Helping children cope with stress during COVID-19

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

Young Minds

Advice for young people on getting support for their mental health during the COVID-19 outbreak

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

CDC

Manage Anxiety & Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

HelpGuide

Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

Psych Central

A blog about coronavirus anxiety and ways to cope with fear

<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>

Psychological Tools

A guide to living with worry and anxiety amidst global uncertainty

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Royal College of Psychiatrists

Information for young people and adults about dealing with anxiety during the pandemic

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health/covid-19-and-mental-health>

Every Mind Matters

10 tips for those who are anxious about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Last updated: 05/06/20

Young Minds

Advice for young people who feel anxious about coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Addiction & Substance misuse

LGBT support

LGBT Foundation

Our Substance Misuse service will continue to accept referrals at the present time. One to one sessions will be delivered remotely, either via phone or online. Our team is also providing information on online mutual aid groups (e.g. AA) and SMART recovery. Telephone: 0345 3 30 30 30, Monday to Friday 9am-9pm, Saturday and Sunday 10am-6pm

Email: substancemisuse@lgbt.foundation

Website: <http://lgbt.foundation/substancemisuse>

General support

Al-Anon Family Groups

For people worried about someone else's drinking

Phone: 0800 0086 811, 10am-10pm daily

Email on website: <https://www.al-anonuk.org.uk/send-an-email/>

Drinkline

Advice to those worried about their own, or a loved one's, alcohol use

Phone: 0300 123 1110, weekdays 9am–8pm, weekends 11am–4pm

DrugFam

Support for families affected by drug misuse

Phone: 0300 888 3853

Frank

National helpline providing advice and information about drugs

Phone: 0300 123 6600, 24 hours a day 7 days a week

Text: 82111

Email on website: <https://www.talktofrank.com/contact>

Greater Manchester and Cumbria support

START (drug and alcohol service)

Offering a service by telephone on **0161 474 3141** or email us on START@Stockport.gov.uk. more information <https://www.healthystockport.co.uk/>

Cumbria Alcohol and Drugs Advisory Service

Addiction Helpline

Phone: 0800 2 54 56 58, Monday to Saturday, 11am - 8pm

LGBT online resources

LGBT Foundation

Substance misuse information

<https://lgbt.foundation/substancemisuse>

General online resources

NHS Choices

Alcohol Support

<https://www.nhs.uk/live-well/alcohol-support/>

Drug addiction: getting help

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>

Alcohol Change UK

Advice for managing drinking during the COVID-19 outbreak, including if you are self-isolating

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

AdFam

List of helplines which provide telephone support for families affected by substance misuse

<https://adfam.org.uk/help-for-families/finding-support/call-a-helpline>

Drinkaware

List of alcohol Support Services

<https://www.drinkaware.co.uk/alcohol-support-services/>

Drug Wise

Where to get help if you have problems with drugs or need advice and information

<https://www.drugwise.org.uk/where-can-i-get-help/>

MIND

Addiction and dependency resources

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources/>

Sexual health

LGBT support

Terrence Higgins Trust

UK HIV and sexual health charity.

Phone: 0808 802 1221, Monday to Friday 10am to 6pm, Saturday and Sunday, 10am to 1pm,

Email: info@tth.org.uk

Website: <https://www.tth.org.uk/>

LGBT Foundation

To arrange a call-back from a member of the LGBT Foundation sexual health team, please send an email to sexualhealth@lgbt.foundation with your name and a phone number they can use to contact you.

If you'd like support via email, email sexualhealth@lgbt.foundation

For psychological support regarding sexual health issues, LGBT Foundation offers counselling, including psychosexual counselling, call 0345 3 30 30 30 for more information. Lines are open Monday to Friday 9am-9pm, Saturday and Sunday 10am-6pm

Website: <http://lgbt.foundation/>

Switchboard

National LGBT+ helpline

Telephone: 0300 330 0630, Open 10:00-22:00 every day

Email: chris@switchboard.lgbt

Online chat service: <https://switchboard.lgbt/>

<https://switchboard.lgbt/>

General support

National Sexual Health Helpline

Telephone: 0300 123 7123, Monday to Friday 9am to 8pm

General support – Manchester, Greater Manchester and Cumbria

Northern Sexual Health - Manchester

Book online for a telephone consultation: <https://thenorthernsexualhealth.co.uk/Online-Booking>

Bookings open at 08:30am each morning Monday to Friday

Emergency phone line for emergency cases (PEP, sexual assault, emergency contraception and Under 16's): 0161 701 1513, Monday to Friday 08:30 - 15:30, Saturday 09:15 - 11:15

Contraception telephone line: 0161 701 1523, Monday to Friday 09:00 - 15:00

Virgincare - Oldham, Bury and Rochdale

Telephone: 0300 303 8565

Please note that you will be virtually assessed taking into consideration clinical need and asked a series of screening questions around COVID-19, this is to help keep our patients and colleagues safe.

Website: <https://www.theseexualhealthhub.co.uk/>

Last updated: 05/06/20

Spectrum - Wigan and Leigh

Temporarily suspended Walk-In Clinics and all appointments will now be taken by telephone on 01942 483 188.

Website: <https://spectrumhealth.org.uk/services/sexual-health/find-clinic-3/wigan-leigh-sexual-health-clinics-3/>

SHINE - Bolton and Salford

Only essential appointments are being provided.

Staff will conduct a telephone triage for individual assessment and will arrange for treatment to be collected if necessary.

Telephone Bolton: 01204 390771

Telephone Salford: 0161 206 1099

Website Bolton: <http://www.boltonft.nhs.uk/services/sexual-health/clinics-and-services/clinics-and-opening-times/>

Website Salford: <http://www.boltonft.nhs.uk/services/sexual-health/clinics-and-services/salford-clinics/>

Cumbria Sexual Health

Central phone line for the whole county.

Telephone: 01228 608989 Monday to Friday 9am to 5pm

Website: <https://www.ncic.nhs.uk/services/sexual-health>

LGBT online resources

LGBT Foundation

Sex during the COVID-19 pandemic:

<https://lgbt.foundation/sexualhealth/sexduringcovid-19pandemic>

Sex guides:

<https://lgbt.foundation/sexguides>

NHS

Sexual health for lesbian and bisexual women:

<https://www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women/>

Sexual health for gay and bisexual men:

<https://www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men/>

Terence Higgins Trust

Sexual health information:

<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health>

Domestic Violence

LGBT helplines and support services

Galop

National LGBT+ domestic abuse helpline.

Telephone: 0800 999 5428, Monday/Tuesday/Friday 10am-5pm, Wednesday/Thursday 10am-8pm

Email: help@galop.org.uk

<http://www.galop.org.uk/domesticabuse/>

LGBT Foundation

1:1 support from a case worker via telephone, online platforms or text

Online self referral form: <http://lgbt.foundation/how-we-can-help-you/lgbt-foundation-self-referral-form-da>

Refer someone: <https://lgbt.foundation/domesticabuse>

<https://lgbt.foundation/domesticabuse>

Independent Choices Greater Manchester Domestic Abuse Helpline - LGBT Service

Confidential helpline to listen and offer advice

Telephone: 0161 636 7525, Monday-Friday 10am-4pm excluding Bank Holidays

Email: helpline@independentchoices.org.uk

Manchester helplines

Greater Manchester Police (GMP)

If in immediate danger and unable to speak a victim should ring the police and can use the “silent solution” by dialling 999 then 55 when the phone is answered, if they can’t talk.

Live chat facility to report domestic abuse online and request support from GMP:

<https://www.gmp.police.uk/>

Manchester City Council

Domestic abuse

Telephone: 0161 234 5393

Email: domestic.violence@manchester.gov.uk

Abuse or neglect of children

Telephone: 0161 234 5001

Email: mcsreply@manchester.gov.uk

Manchester Women’s Aid

Telephone: 0161 660 7999

Email: referrals@manchesterwomensaid.org

Last updated: 05/06/20

Boots Pharmacy Consultation Rooms

From 1st May 2020, victims of domestic abuse will be able to access safe spaces at Boots pharmacy consultation rooms across the country, where they can contact specialist domestic abuse services for support and advice.

Opening hours may vary

<https://www.boots-uk.com/our-stories/boots-pharmacy-consultation-rooms-become-safe-spaces-for-victims-of-domestic-abuse/>

Greater Manchester and Cumbria helplines

Victim Support

Telephone: 0161 200 1950

Email: greater.manchester@victimsupport.org.uk

Web Link: www.victimsupport.org.uk

The Freedom Project West Cumbria

Confidential helpline offering support and advice on domestic and sexual abuse

Telephone: 07712 117986, 7 days a week

Email: greater.manchester@victimsupport.org.uk

Web Link: www.victimsupport.org.uk

Cumbria Constabulary

Email: 101@cumbria.police.uk

Website: <https://www.cumbria.police.uk/Advice-Centre/Personal-Safety/Domestic-Abuse.aspx>

SIDASS – Salford Independent Domestic Abuse Support Services

Helpline: 0161 793 3232, Monday-Friday 1pm-4pm and there is an answer phone outside of these hours

<http://salfordwomensaid.org/sidass/>

The Prevention Alliance

If you would like to speak with one of our keyworkers, our TPA phone line 0161 474 1042 continues to be staffed Monday – Friday 09:00 – 16:30.

Website: <https://stockporttpa.co.uk/>

Boots Pharmacy Consultation Rooms

From 1st May 2020, victims of domestic abuse will be able to access safe spaces at Boots pharmacy consultation rooms across the country, where they can contact specialist domestic abuse services for support and advice.

Opening hours may vary

<https://www.boots-uk.com/our-stories/boots-pharmacy-consultation-rooms-become-safe-spaces-for-victims-of-domestic-abuse/>

General national helplines

Women's Aid

Safety advice for survivors. Has online Survivor's Forum accessible 24/7

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

Online chat service: <https://chat.womensaid.org.uk/> 10am-4pm Mon-Fri, 10am-12pm Sat-Sun

Refuge

National domestic abuse free helpline offering confidential, non-judgmental information and expert support.

Telephone: 0808 2000 247, 24 hours a day

Respect

Help for perpetrators of domestic violence, as well as victims.

Telephone: 0808 802 4040 Monday-Friday 9am-5pm

Web Chat (scroll to bottom of page): <https://respectphoneline.org.uk/>, Wednesday-Friday 10-11am and 3-4pm).

Live Fear Free

Providing help and advice about violence against women, domestic abuse and sexual violence

Telephone: 0808 80 10 800 24 hours a day, 7 days a week

Text: 07860077333, 24 hours a day, 7 days a week

Email: info@livefearfreehelpline.wales 24 hours a day, 7 days a week

Web Chat (scroll to bottom of page): <https://gov.wales/live-fear-free/domestic-abuse-wales>, 24 hours a day, 7 days a week

Men's Advice Line

Confidential helpline, email and webchat service for male victims of domestic abuse. Telephone:

0808 8010327 Monday–Friday 9am–8pm

Email: info@mensadvice.org.uk Monday–Friday 9am–8pm, Saturday–Sunday 10am–12pm & 4–6pm

Web Chat (scroll to bottom of page): <https://mensadvice.org.uk/>, Wednesday-Friday 10–11am & 3–4pm

The Bright Sky app by Hestia

Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone that is in an abusive relationship or those concerned about someone they know.

<https://www.hestia.org/brightsky>

LGBT online resources

Galop

Factsheets

<http://www.galop.org.uk/factsheets/>

LGBT Foundation

10 ways to safely affirm your LGBT identity during lockdown

<https://lgbt.foundation/domesticabuse/10ways>

General online resources

SafeLives

Domestic abuse and Covid-19 information and resources

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Refuge

Covid-19 safety tips for survivors. Safety tips for women and children survivors during the Covid crisis

<https://www.refuge.org.uk/covid19-survivor-tips/>

NSPCC

Corona Virus and keeping children safe from abuse. Advice on keeping children safe, especially during a period of school closures

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

Barnardos

Advice for parents & carers, young people, including mental health and parenting

<https://www.barnardos.org.uk/coronavirus-advice-hub>

Children's Society

Corona Virus information and support, has many links to mental health advice and support services

<https://www.childrensociety.org.uk/coronavirus-information-and-support>

WHO

WHO advice including practical tips for coping with stress at home

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

LGBT Groups

LGBT Foundation

Telephone: 0345 3 30 30 30, Monday to Friday 9am-9pm, Saturday and Sunday 10am-6pm

Email: info@lgbt.foundation or referrals@lgbt.foundation for referrals

Website: <http://lgbt.foundation/>

Switchboard

National LGBT+ helpline

Telephone: 0300 330 0630, Open 10:00-22:00 every day

Email: chris@switchboard.lgbt

Online chat service: <https://switchboard.lgbt/>

<https://switchboard.lgbt/>

Mermaids

Support around gender identity / being trans for children and young people.

Text MERMAIDS to 85258 for free 24/7 crisis support all across the UK.

All texts are answered by trained volunteers with support from experienced clinical supervisors

Telephone: 0808 801 0400, Monday to Friday, 9am to 9pm

Web chat (Scroll down to webchat): <https://mermaidsuk.org.uk/contact-us/> Monday to Friday, 9am to 9pm

Email: info@mermaidsuk.org.uk

Website: mermaidsuk.org.uk

MindOut

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people.

Telephone: 01273234839

Email: info@mindout.org.uk

Online instant message service: <https://www.mindout.org.uk/get-support/mindout-online/>

Website: <https://www.mindout.org.uk/>

Albert Kennedy Trust

Supports LGBTQ people aged 16-25 who are homeless or living in a hostile environment

Telephone: 0161 228 3308, Monday to Friday 10am - 4:30pm

Online self referral: <https://www.akt.org.uk/get-help2>

Email: contact@akt.org.uk

Website: www.akt.org.uk

Families and Friends of Lesbians and Gays

National voluntary organisation and charity supporting families and their LGBT+ loved ones.

Helpline: 0845 652 0311 - ALL CALLS CHARGED AT 2P PER MINUTE PLUS NETWORK CHARGES

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

Stonewall

Telephone: 0800 0502020, Monday to Friday 9:30am - 4:30pm – Currently operating a voicemail-only function on phone lines. Please do leave a message, including details of the best time to call you back, and we will do our best to get back to you within three working days

Email: info@stonewall.org.uk

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

Last updated: 05/06/20

Hidayah

Nationwide organisation for LGBTQ+ Muslims in the United Kingdom.

Website: <https://www.hidayahgbt.co.uk/>

COVID-19 information

UK Government

<https://www.gov.uk/coronavirus>

The government has launched a Coronavirus information service on Whatsapp. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

NHS England

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

NHS 111 online

<https://111.nhs.uk/covid-19>

NHS inform

<https://www.nhsinform.scot/self-help-guides/self-help-guide-coronavirus-covid-19>

World Health Organization

https://www.who.int/health-topics/coronavirus#tab=tab_1

WHO Health Alert – Whatsapp messaging service providing the latest news and information.

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

CDC

American Centre for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

UNISON

Coronavirus and your rights at work

www.unison.org.uk/coronavirus-rights-work/

Further Information

The Library and Knowledge Services are operating a virtual service until further notice. We are working from home and can provide evidence support with literature searches, current awareness and assistance with accessing our online resources.

For help with finding further information or resources, please contact the Library and Knowledge Services.

Email: library@gmmh.nhs.uk

Phone: 0161 358 1772 / 0161 271 0505 (ext. 3)