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/](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/](https://www.mindout.org.uk/get-support/mindout-online/)
Website: [https://www.mindout.org.uk/](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.](https://switchboard.lgbt/)

**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.

**The Affinity Centre – Manchester**
Gay, Lesbian and Bisexual Counselling – requires payment
Telephone: 01625 529099
Website: [https://affinitycentre.co.uk/gay-lesbian-bisexual-counselling-manchester/](https://affinitycentre.co.uk/gay-lesbian-bisexual-counselling-manchester/)
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](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/](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: 07800 000396
Website: [https://mhist.co.uk/](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](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/](https://www.rochdalemind.org.uk/)
Self referral available: [https://www.rochdalemind.org.uk/how-we-can-help/how-to-refer/](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].
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.
SANElene: 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

**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

**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
COVID-19: Guidance for parents and carers on supporting children and young people’s mental health and wellbeing
Greater Manchester Combined Authority
Wellbeing and mental health during COVID-19: A guide to looking after yourself and others

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

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

CDC
Manage Anxiety & Stress

HelpGuide
Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty
https://www.helpguide.org/articles/anxiety/coronavirus-anxiety-4-ways-to-cope-with-fear/

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

Royal College of Psychiatrists
Information for young people and adults about dealing with anxiety during the pandemic

Every Mind Matters
10 tips for those who are anxious about coronavirus
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: substantcemisuse@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](https://lgbt.foundation/substancemisuse)

General online resources

**NHS Choices**
Alcohol Support
[https://www.nhs.uk/live-well/alcohol-support/](https://www.nhs.uk/live-well/alcohol-support/)
Drug addiction: getting help

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

**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](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/](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/](https://www.drugwise.org.uk/where-can-i-get-help/)

**MIND**
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@tht.org.uk
Website: [https://www.tht.org.uk/](https://www.tht.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/](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/)
[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](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.thesexualhealthhub.co.uk/](https://www.thesexualhealthhub.co.uk/)
Spectrum - Wigan and Leigh
Temporarily suspended Walk-In Clinics and all appointments will now be taken by telephone on 01942 483 188.

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 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:
Sexual health for gay and bisexual men:

Terence Higgins Trust
Sexual health information:
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
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
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

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://salfordomensaid.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
General national helplines

**Women’s Aid**
Safety advice for survivors. Has online Survivor’s Forum accessible 24/7
Online chat service: [https://chat.womensaid.org.uk/](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/](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](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@mensadviceline.org.uk Monday–Friday 9am-8pm, Saturday-Sunday 10am–12pm & 4–6pm
Web Chat (scroll to bottom of page): [https://mensadviceline.org.uk/](https://mensadviceline.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](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

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

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.childrenssociety.org.uk/coronavirus-information-and-support

WHO
WHO advice including practical tips for coping with stress at home
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/](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/](https://mermaidsuk.org.uk/contact-us/) Monday to Friday, 9am to 9pm
Email: info@mermaidsuk.org.uk
Website: [mermaidsuk.org.uk](http://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/](https://www.mindout.org.uk/get-support/mindout-online/)
Website: [https://www.mindout.org.uk/](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](https://www.akt.org.uk/get-help2)
Email: contact@akt.org.uk
Website: [www.akt.org.uk](http://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/](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/](https://www.stonewall.org.uk/)
Hidiyah
Nationwide organisation for LGBTQI+ Muslims in the United Kingdom.
Website: https://www.hidayahlgbt.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**

**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.

**CDC**
American Centre for Disease Control and Prevention

**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)