

LGBTQIA FACTSHEET

Pioneer Projects' LGBTQIA Outreach and Development Worker, Xander, supports and empowers the development of LGBTQIA friendly local support and provision, whether this be peer-to-peer support, working with Hubs and communities, or working with the wider mental health system to promote better access to specialist services and bring them closer to or into Craven. They are a member of the LGBTQIA community and can be contacted by emailing: xander@pioneerprojects.org.uk or on: 07593740970.

This factsheet is a live document which will be updated regularly with information and signposting to relevant support for those within the LGBTQIA communities.

IMMEDIATE HELP

First Response Offers support 24/7 to people of all ages living in Craven experiencing a mental health crisis.

<https://www.bdct.nhs.uk/services/first-response/>

Tel: 0800 952 1181.

Samaritans – Support 24/7 for anyone who needs it. Website has an online chat available.

<https://www.samaritans.org>

Tel: 116123

Email: jo@samaritans.org.

SHOUT - 24/7 support. A free, confidential, text-messaging service for anyone struggling to cope.

Text: 85258

<https://giveusashout.org>

Guide-Line (MIND) - 8am - midnight. Confidential emotional support 7 days a week for people living in Craven.

<https://www.mindinbradford.org.uk/support-for-you/guide-line/>

Tel: 08001 884 884

NATIONAL SUPPORT

National LGBTQ+ Switchboard (10am-10pm daily). Website includes an online chat option.

<https://switchboard.lgbt/>

Tel: 0800 0119 100

Mind: LGBTQIA mental health (9am-6pm Mon-Fri) (note: not only for LGBTQIA enquiries but welcoming to all)

<https://tinyurl.com/2k8abdzs>

Tel: 0300 123 3393

Mermaids (9am-9pm, Mon-Fri) Website includes online chat and text messaging options. Supporting trans and gender-diverse children and young people up to 20

<https://mermaidsuk.org.uk>

Tel: 0808 801 0400 .

Gendered Intelligence Help for those awaiting gender-affirmative healthcare. Online support groups available.

<https://genderedintelligence.co.uk>

Tel: 0800 640 8046.

Email: supportline@genderedintelligence.co.uk.

WhatsApp: 07592 650496.

PRIDE EVENTS

Grassington Pride (Pride in the Dales)

<https://www.prideinthedales.co.uk/>

Skipton Pride

<https://skiptontownhall.co.uk/skipton-pride/>

DISABILITY LGBTQIA SUPPORT

MESMAC Neuroqueer Neurodiversity Group - For neurodivergent LGBTQ+ people aged 18+ diagnosed or self-diagnosed.

Contact: Char Dodsworth

Tel: 07407 761569

Email: c.dodsworth@mesmac.co.uk

ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Dysgraphia, OCD, Tourette's, etc. Meets last Tuesday each month 4pm-6pm. Runs hybrid on Microsoft Teams as well for those who can't attend in person.

Mental health and wellbeing drop-in: online only (using Teams) on the last Thursday of each month.

RELIGIOUS/SPIRITUAL

Imaan - Muslim (national) LGBTQ+ support

<https://imaanlondon.wordpress.com/>

Keshet UK – Jewish (national) LGBTQ+ support

<https://www.keshetuk.org>

Quest – Catholic (national) LGBTQ+ support

<https://questlgbti.uk>

OneBodyOneFaith – Christian (all denominations) (national) LGBTQ+ support

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

Pagan Federation LGBTQ+ Support Team

<https://www.pfcommunity.org.uk/community-support-teams/>

SUPPORT FOR PARENTS

Action for Children

<https://parents.actionforchildren.org.uk/home-family-life/family-relationships/coming-out-as-lgbtq-to-your-child/>

Advice for LGBTQIA parents on coming out to their own children. Online chat available with a Parenting Coach.

FFLAG

<https://www.fflag.org.uk/portfolio-item/parent-groups/>

Mermaids

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

Support for parents of trans, genderfluid and nonbinary children only.

Barnardos

<https://www.barnardos.org.uk/get-support/support-for-young-people/lgbt>

UK government

<https://www.gov.uk/government/news/new-guide-for-parents-of-lgbt-children>