

LGBTQ affirmative practice resources and signposting

LGBT Foundation | **Good Practice Guide to Monitoring Sexual Orientation** | Guidance on implementing best practice sexual orientation monitoring – in response to NHS England's Information Standard | <http://bit.ly/LGBmonitoring>

The 519 | **Creating Authentic Spaces: A Gender Identity and Gender Expression Toolkit** to Support the Implementation of Institutional and Social Change. | Fantastic resource of free-to-download PDF infographic posters | <http://bit.ly/The519>

Prism, the LGBT Forum for Leicester, Leicestershire and Rutland | **How to be LGBT Friendly: 30 Practical Ways to Create a Welcoming Environment for Lesbian, Gay, Bisexual and Transgender People** | Practical steps to create an affirmative environment for LGBT service users and staff | <http://bit.ly/LGBTfriendly1>

Stonewall | **Inclusive Policy Toolkit** | A four-part guide for ensuring your employee policies are fully LGBT inclusive | <https://www.stonewall.org.uk/inclusive-policy-toolkit>

Stonewall | **Setting up an LGBT youth group** | Provides individuals and groups looking to start their own LGBT youth group or services with the tools and practical support to do so | <https://www.stonewall.org.uk/setting-lgbt-youth-group>

IGLYO | **Intersectionality Toolkit** | A practical guide for both individual activists and organisations to learn more about Intersectionality and its principles, and to provide a selection of activities to explore practice around inclusiveness | <http://bit.ly/IntersectionalKit>

Sabah Choudry (GIRES) | **Inclusivity: Supporting BAME [black, Asian, minority ethnic) trans people** | It aims to help you find answers to questions such as: Why are there no or few BAME trans people in my group? How can I support a BAME trans person who attends my group? | <http://bit.ly/BAMEinclusivity>

Signposting: national services for LGBTQ people

Albert Kennedy Trust | LGBTQ youth homelessness charity supporting LGBT young people experiencing homelessness or living in hostile environments to find safe homes, employment, education or training | <https://www.akt.org.uk/>

GALOP | **National LGBT+ Domestic Violence Helpline** | Emotional and practical support for LGBT+ people experiencing domestic abuse | 0800 999 5428 or email help@galop.org.uk | Online chat on Wednesday and Thursday evenings | <https://www.galop.org.uk/how-we-can-help/>

Gender Identity Development Services | GIDS is for children and young people, and their families, who experience difficulties in the development of their gender identity. A national specialised service, based in London and Leeds | www.gids.nhs.uk

Gendered Intelligence | Based in London Gendered Intelligence (GI) work predominantly with the trans community, particularly specialising in supporting young trans people aged 8-25 | <http://genderedintelligence.co.uk/>

GIRES | A charity that hears, helps, empowers and gives a voice to trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families | www.gires.org.uk

Mermaids UK | Support for young people that feel at odds with their birth gender, or parents with children who feel this way | <http://www.mermaidsuk.org.uk/>

Spectra | Short-term free counselling, funded for people who live in and around London and identifies as trans, non-binary or are questioning their gender identity | www.spectra-london.org.uk/trans-gender-services/trans-counselling

Switchboard LGBT+ Helpline | 0300 330 0630 10am-10pm every day | Chat message through website | Email support chris@switchboard.lgbt | <https://switchboard.lgbt/>

Terence Higgins Trust | Advice on sexual health, relationships and coming out | THT Direct helpline 0808 802 1221 Open between 10am and 8pm from Monday to Friday | <http://www.tht.org.uk/our-charity/Get-help-now>

Switchboard | 01273 204050 | A supportive, non-judgmental and confidential space for LGBTQ people, those who are unsure and/or questioning and those who want to support a friend, family member or loved one. Helpline run by trained LGBTQ volunteers | <https://www.switchboard.org.uk/projects/helpline/>

Brighton & Hove LGBT Switchboard and Survivors' Network | **Trans Survivors Switchboard** 01273 204050 on Sunday afternoons between 1-4pm | Support for trans people who have experienced sexual violence at any point in their lifetime. The helpline is run by volunteers who all identify as trans or non-binary | <https://www.switchboard.org.uk/projects/trans-survivors-switchboard/>

MindOut | Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service | Online chat service providing confidential information and support | <https://www.mindout.org.uk/>