

NATIONAL SUPPORT

EACH: helpline for people 18 and under experiencing homophobic, transphobic or biphobic harassment

0808 1000 143

www.each.education

Galop National LGBT Domestic Abuse Helpline:

support for LGBT+ people who have experienced hate crime, domestic abuse or sexual violence

0800 999 5428 www.galop.org.uk

LGBT+ Switchboard:

0300 330 0630

switchboard.lgbt

MindOut: mental health daily online chat service delivered by and for LGBTQ people

www.mindout.org.uk

Outlife LGBT+: online support, advice, counselling and forums

www.outlife.org.uk/



Community Access Support Service (CASS) works with community, faith and equality groups in Bristol to improve access to mental health and emotional wellbeing support

www.cassbristol.org

0117 304 1400

info@cassbristol.org

 @CASSBristol

 CASSBristol

CASS is managed by the Healthy Living Consortium



*Please contact organisations to check times of meetings and groups
All information correct as of February 2021*

Emotional Wellbeing for LGBTQ+ People



Support, advice and information in Bristol



LOCAL SUPPORT

ACE One World LBGTQ+:

fortnightly wellbeing group for any LGBT+ St Mungos client. 1st and 3rd Thursday of each month, 3 to 5pm. 1 New Street, Bristol, BS2 9DX

0117 239 8969

awp.bmhace@nhs.net

Bristol Friends and Families:

support group run by/for families and friends of LGBT people

Contact Sue: 01454 898644, or

Janet: 01454 528805

www.fflag.org.uk/

Bristol Hate Crime and Discrimination Services: supports anyone who has faced abuse, assault and other criminal behaviour due to discrimination
0800 171 2272 www.bhcads.org.uk

Crossroads: support group for transgender and questioning people, their partners and families
07734 261242
www.bristol-crossroads.org.uk

Bristol Mind LGBTQ+ Wellbeing

Therapies: counselling and art therapy for over 18s

0117 980 0385

counselling@bristolmind.org.uk
(specify LGBTQ+ specific in email)
www.bristolmind.org.uk/lgbtq

Changes Bristol: LGBTQ+ weekly mental health support group
www.changesbristol.org.uk

Freedom Youth: LGBTQ+ counselling and weekly groups for people aged 13 - 19 and 19 - 25

lgbtq@otrbristol.org.uk

07496 965 262

www.otrbristol.org.uk/what-we-do/freedom

Gendered Intelligence: information and resources for trans, non-binary and questioning people and families
www.genderedintelligence.co.uk

Hidayah LGBT+: support for LGBT+ Muslims with a Bristol Group
www.hidayahlgbt.com

Nilaari: BAME Mental Health Support for all communities

0117 952 5742

nilaari@nilaari.co.uk

Pink Therapy: directory of gender and sexual diversity therapy
www.pinktherapy.com

Pride Without Borders: group for LGBT+ asylum seekers or refugees
Call Tom on 07856 672351 for details
pridewithoutborders.wixsite.com/pride

Prism: support around alcohol and drug use for LGBT people. Drop-in Mondays 5pm to 8pm, 23 -25 Midland Road, Bristol, BS2 0JT
prism@bdp.org.uk
07971 354 498 | bdp.org.uk/lgbt

Trans+ MindLine: support line for people who identify as trans, agender, gender fluid, non binary, and their families
Mondays and Fridays 8pm to midnight 0300 330 5468