

Signposting resources: Gender

There are times when we all need further support, and that isn't a weakness.

We've listed some organisations specifically focused on transgender, non-binary, and gender non-conforming people below that you might want to reach out to. Remember whatever you're facing, you're not alone. It Gets Better.

Mermaids

Mermaids has been supporting transgender, non-binary, and gender-diverse children, young people and their families since 1995. They provide a helpline and webchat service covered by trained staff and volunteers.

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

Tel. 0808 801 0400

Available: 1pm-8.30pm, Monday to Friday

Gendered Intelligence

Gendered Intelligence exists to increase understandings of gender diversity and improve trans people's qualities of life. They are trans-led and a trans-involving organisation.

Web: <https://genderedintelligence.co.uk/>

Support line: 0800 640 8046

Available: Mon, Thurs 2-5pm, Tues 2-7pm and Weds, Fri 10am to 3pm

Email: supportline@genderedintelligence.co.uk

Mindline Trans+

Mindline Trans+ is a confidential emotional, mental health support helpline for people who identify as Trans, Gender non-conforming, and Non-Binary. This is a UK wide service, delivered by Bristol mind.

Support Line: 0300 330 5468

Available: Friday evenings

Email: mindline@bristolmind.org.uk