

Signposting resources: South West

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

We've listed some organisations in the South West below that you might want to reach out to. Remember whatever you're facing, you're not alone. It Gets Better.

Intercom Trust

IntercomTrust is an LGBT+ led charity working to improve wellbeing and inclusion across the region by providing safe, respect and non-judgement support and services.

Website: www.intercomtrust.org.uk

Phone: 0800 612 3010 (9am-5pm Mon-Fri)

Email: helpline@intercomtrust.org.uk

Mindline Helpline

Mindline is an emotional and mental health support line with a confidential listening service to provide you with a safe space to talk.

Website: Mindinsomerset.org.uk

Phone: 01823 276 892 (always open)

Sunrise Diversity

Sunrise Diversity is a community organisation based in North Devon that provides activities, training, services and events.

Website: www.sunrisediversity.org.uk

Phone: 01271 328915

Email: admin@sunrisediversity.org.uk

PROUD2Be

PROUD2Be supports LGBTQ+ people in Devon and beyond to lead empowered, fulfilled and authentic lives.

Website: www.proud2be.org.uk

Phone: 01803 362083

Email: hello@proud2be.org.uk