

Signposting resources

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

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

LGBT Switchboard

Switchboard is an LGBT helpline, they're there to talk about anything you might want to.

Website: www.switchboard.lgbt

Phone: 0300 330 0630 (10am-10pm everyday)

Email: chris@switchboard.lgbt

ChildLine

Childline is there to help anyone under 19 in the UK with any issue they're going through.

Website: www.childline.org.uk

Phone: 0800 1111 (always open)

Online chat: click [here](#)

Samaritans

Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

Website: www.samaritans.org

Phone: 116 123 (always open)

Email: jo@samaritans.org

Albert Kennedy Trust

The Albert Kennedy Trust supports LGBT young people who are homeless, living in a hostile environment or in housing crisis.

Website: www.akt.org.uk

Please check out their website for their services and to find the best contact details for your situation.