

MERMAIDS

What

Mermaids also focus on **supporting and informing gender diverse children and young people**, and their families, Mermaids have a particular focus on younger children who may be questioning their gender or who identify as trans.

Where

Mermaids have online forums, a helpline, and host meet ups across the UK. Find out more at mermaidsuk.org.uk

METRO

What

A service that works in a number of areas across London, and offers **a variety of LGBT-specific services including sexual health, mental health, and youth groups**.

Where

Different services operate in different parts of London, you can see what's available in your borough by visiting the Metro Website: metrocharity.org.uk

MOSAIC

What

Mosaic **LGBT Youth Centre** supports, educates and inspires young lesbian, gay, bisexual and trans community of London **age thirteen to nineteen** through a variety of youth clubs, outings, retreats and events.

Where

The youth club takes place **every Wednesday from 6.30PM – 9.00PM** in Euston. <http://mosaicyouth.org.uk/contact/>

Opening Doors

What

Opening Doors London is here to **support LGBT people over 50** to live full, vibrant and respected lives free from isolation, loneliness, discrimination and prejudice.

Where

Opening Doors offer 40+ **groups and one-off activities each month**. From singing to creative writing to walks, we aim to provide a range of opportunities that allow LGBT+ people over 50 from across London to meet each other, have fun, and feel confident to be themselves.

How

Call: 020 7239 0400

Visit: www.openingdoorslondon.org.uk

Stonewall Housing

What

Housing advice and support for LGBT people, including those at risk of or experiencing homelessness, family breakdown, harassment, domestic abuse, eviction. Stonewall also provide supported accommodation for young people in some London boroughs and are a partner in The Outside Project - the UK's first **LGBT crisis/homeless shelter and community centre**.

How

Call: advice line on 020 7359 5767 for confidential advice (weekdays 10.00 -1.00 pm)

Online: complete a self-referral or see LGBT and trans specific drop-in times at the link below

Drop In: several drop-ins across London, including trans specific drop-ins at CliniQ

<https://stonewallhousing.org/>

St Johns Wood Medical Practice



St Johns Wood Medical Practice
Brampton House
Hospital of St John & St Elizabeth
60 Grove End Road
NW8 9NH
Tel. No. 020 3657 9449
Fax No. 0844 477 8591
www.stjohnswood.nhs.uk

LGBT Directory

LGBT
foundation



LGBT Foundation

What

LGBT Foundation's **Helpline Service** has been running for 35 years and provides thousands of hours of **advice and support** to thousands of people every year on a huge range of issues. The Helpline is staffed by a team of dedicated staff and volunteer operators, all of whom receive extensive training and support.

How

Call: 0345 3 30 30 30 Monday to Friday between 10am and 6pm
Email: helpline@lgbt.foundation and receive a reply within 10 working days

If you aren't completely sure where the best place to go is LGBT Foundation helpline is always a good first port of call as they can offer further signposting and detailed initial support and advice.

ANTIDOTE

What

Antidote is a free, LGBT run and targeted **drug and alcohol support service** delivered by highly trained staff and volunteers. Antidote offer one-to-one key working, referral to detox clinics and prescribing centres, drop-ins to discuss drug and alcohol issues, sexual health, chemsex, and steroid use issues, intensive structured weekend programmes (SWAP), an advice helpline, referrals to in-house counselling, and more.

How

Call: 020 7833 1674 (10am-6pm, Monday to Friday) and ask for one of the Antidote Team.
Drop-in: Clinics at 6 different locations in London across the week, see link below for details.
londonfriend.org.uk/get-support/drugsandalcohol/antidote-accessing-our-services

CLINIQ

What

*CliniQ are a **holistic sexual health and well-being service** for all trans people, partners and friends.* CliniQ are a trans-led team, who offer a safe, confidential space for those who may not feel comfortable accessing mainstream services. They also perform cervical screening.

Where

King's College Hospital every Tuesday from 4.00pm to 7.00pm at the Caldecot Clinic
56 Dean Street in Soho every Wednesday from 4.30pm to 7.00pm

GI (Gendered Intelligence)

What

GI work with the trans community and those who impact on trans lives; they particularly specialise in **supporting young trans people under the age of 21**. GI deliver trans youth programmes, resources, **support for parents and carers**, and educational workshops for schools, colleges, universities and other educational settings. GI also have a **youth group specifically for black and minority ethnic young people** who are trans or questioning their gender.

Where

GI have youth groups across the city, see their website for more information:
genderedintelligence.co.uk

London Friend

What

London Friend **supports the health and mental well-being of the LGBT** community in and around London. They offer **counselling and support** around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. They're also home to Antidote drug and alcohol service, and a range of social and support groups.

How

To find out more about the service you're interested in, visit:
londonfriend.org.uk/get-support