

# LGBTQ+ Support Page

## MEETING OTHER LGBT PEOPLE

[Speak to Miss Tompkins about school LGBTQ+ support group]

## COMING OUT

- Stonewall's *Coming out* guide [www.stonewall.org.uk/comingout](http://www.stonewall.org.uk/comingout)

- RUcomingout.com – a website where LGBT people share their coming out stories

## SPECIFIC SUPPORT WITH COMING OUT AS TRANS

- Gendered Intelligence, support for young people. <http://genderedintelligence.co.uk>
- Mermaids: safe place and support for young trans people [www.mermaidsuk.org.uk/young-people/](http://www.mermaidsuk.org.uk/young-people/)

## INFORMATION ON SEXUAL HEALTH AND WELLBEING.

- Brook: a national sexual health charity for people under 25 which includes advice for LGBT young people [www.brook.org.uk](http://www.brook.org.uk)
- Local Clinic: iCaSH Suffolk – Haverhill. For help, support and advice.
- Gendered Intelligence's Trans Youth Sexual Health Booklet
- Terrence Higgins Trust – Sexual health and HIV charity. Information for young people including sexual orientation and gender identity, coming out and links to youth groups [www.tht.org.uk](http://www.tht.org.uk)

## INFORMATION AND SUPPORT ON MENTAL HEALTH ISSUES

- NHS Wellbeing for Suffolk: Free NHS mental health and wellbeing service locally. <https://www.wellbeingnands.co.uk/suffolk/>

- Mind Website - <https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiqplus-mental-health>

- Samaritans – 08457 90 90 90 a confidential helpline and support service. [www.samaritans.org](http://www.samaritans.org).

- Switchboard – Free LGBTQ+ Helpline. 0300 330 0630. Text/Call/Email. <https://switchboard.lgbt/>

- Kooth- free, safe and anonymous support. <https://www.kooth.com/>

## INFORMATION ON BULLYING AND DISCRIMINATION

- Stonewall: Help and information centre 0800 0502020 and stonewall website for help resources [www.stonewall.org.uk](http://www.stonewall.org.uk)
- ChildLine – a confidential helpline for children **0800 1111** [www.childline.org.uk](http://www.childline.org.uk)

## REPORTING HATE CRIME

- Stonewall's guide: *How to report hate crime* (on stonewall website)
- Suffolk Police : <https://www.suffolk.police.uk/contact-us/report-something/5-report-it-hate-crime-or-incident>

## INFORMATION ON ONLINE SAFETY

- Stonewall's *Staying Safe Online* – guide on online safety and LGBT issues (on stonewall website)

- The CEOP safety centre – where young people can access guidance and report unwanted or inappropriate behaviour online [www.ceop.police.uk/safetycentre/](http://www.ceop.police.uk/safetycentre/)

- Childnet – resources for teachers, young people, parents and carers on how to help young people stay safe online [www.childnet.com](http://www.childnet.com)

## INFORMATION FOR PARENTS AND CARERS

- FFLAG (Family and Friends of Lesbians and Gays) *A Guide for Family and Friends* <https://www.fflaq.org.uk/>

- Gendered Intelligence's *Guide for Parents and Families of Young Trans People* <https://genderedintelligence.co.uk/families/resources.html>

- Stonewall's guide for parents and carers *So you think your child is gay? (on stonewall website)*

- Mermaids – provides support and information for parents and carers of trans young people [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

**SCHOOL CHAMPION**  
Stonewall