**LGBTQ affirmative practice resources and signposting**

**LGBT Foundation** | **Good Practice Guide to Monitoring Sexual Orientation** | Guidance on implementing best practice sexual orientation monitoring – in response to NHS England’s Information Standard| <http://bit.ly/LGBmonitoring>

**The 519 | Creating Authentic Spaces:** A Gender Identity and Gender Expression Toolkit to Support the Implementation of Institutional and Social Change.| Fantastic resource of free-to-download PDF infographic posters | <http://bit.ly/The519>

**Prism, the LGBT Forum for Leicester, Leicestershire and Rutland | How to be LGBT Friendly:** 30 Practical Ways to Create a Welcoming Environment for Lesbian, Gay, Bisexual and Transgender People | Practical steps to create an affirmative environment for LGBT service users and staff | <http://bit.ly/LGBTfriendly1>

**Stonewall | Inclusive Policy Toolkit** | A four-part guide for ensuring your employee policies are fully LGBT inclusive | <https://www.stonewall.org.uk/inclusive-policy-toolkit>

**Stonewall | Setting up an LGBT youth group**| Provides individuals and groups looking to start their own LGBT youth group or services with the tools and practical support to do so | <https://www.stonewall.org.uk/setting-lgbt-youth-group>

**IGLYO | Intersectionality Toolkit** | A practical guide for both individual activists and organisations to learn more about Intersectionality and its principles, and to provide a selection of activities to explore practice around inclusiveness | <http://bit.ly/IntersectionalKit>

**Sabah Choudry (GIRES) | Inclusivity: Supporting BAME [black, Asian, minority ethnic) trans people** | It aims to help you find answers to questions such as: Why are there no or few BAME trans people in my group? How can I support a BAME trans person who attends my group? | <http://bit.ly/BAMEinclusivity>

**Signposting: services for LGBTQ people**

**National services**

**Albert Kennedy Trust** | LGBTQ youth homelessness charity supporting LGBT young people experiencing homelessness or living in hostile environments to find safe homes, employment, education or training | <https://www.akt.org.uk/>

**GALOP | National LGBT+ Domestic Violence Helpline |** Emotional and practical support for LGBT+ people experiencing domestic abuse | 0800 999 5428 or email [help@galop.org.uk](mailto:help@galop.org.uk) | Online chat on Wednesday and Thursday evenings | <https://www.galop.org.uk/how-we-can-help/>

**Gender Identity Development Services** | GIDS is for children and young people, and their families, who experience difficulties in the development of their gender identity. A national specialised service, based in London and Leeds | [www.gids.nhs.uk](http://www.gids.nhs.uk)

**Gendered Intelligence** | Based in London Gendered Intelligence (GI) work predominantly with the trans community, particularly specialising in supporting young trans people aged 8-25 | <http://genderedintelligence.co.uk/>

**GIRES** | A charity that hears, helps, empowers and gives a voice to trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families | [www.gires.org.uk](http://www.gires.org.uk)

**Mermaids UK** | Support for young people that feel at odds with their birth gender, or parents with children who feel this way | <http://www.mermaidsuk.org.uk/>

**Spectra** | Short-term free counselling, funded for people who live in and around London and identifies as trans, non-binary or are questioning their gender identity | [www.spectra-london.org.uk/trans-gender-services/trans-counselling](http://www.spectra-london.org.uk/trans-gender-services/trans-counselling)

**Switchboard LGBT+ Helpline** | 0300 330 0630 10am-10pm every day | Chat message through website | Email support [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) | <https://switchboard.lgbt/>

**Terence Higgins Trust** | Advice on sexual health, relationships and coming out | THT Direct helpline 0808 802 1221 Open between 10am and 8pm from Monday to Friday | <http://www.tht.org.uk/our-charity/Get-help-now>

**Brighton and Hove and Sussex services**

**Allsorts Youth Project** | Emotional support for LGBTU young people through the 'talk it out' individual emotional support service and the facilitation of regular young people’s groups for Lesbian, Gay, Bisexual, Trans and Unsure young people between the ages of 11 -19 years old | Includes a West Sussex Group | <http://www.allsortsyouth.org.uk>

**Brighton & Hove LGBT Switchboard** | 01273 204050 | A supportive, non-judgmental and confidential space for LGBTQ people, those who are unsure and/or questioning and those who want to support a friend, family member or loved one. Helpline run by trained LGBTQ volunteers | <https://www.switchboard.org.uk/projects/helpline/>

**Brighton & Hove LGBT Switchboard and Survivors’ Network** | **Trans Survivors Switchboard** 01273 204050 on Sunday afternoons between 1-4pm | Support for trans people who have experienced sexual violence at any point in their lifetime. The helpline is run by volunteers who all identify as trans or non-binary | <https://www.switchboard.org.uk/projects/trans-survivors-switchboard/>

**The Clare Project |** A self-supporting group open to anyone wishing to explore issues around gender identity. There is a weekly drop-in to meet others for support, as well as peer mental health support and free or low-cost psychotherapy | [www.clareproject.org.uk](http://www.clareproject.org.uk)

**LGBTQ Disability Project |**LGBTQ Disabilities project for people who identify as disabled as well as LGBTQ. Monthly meetings providing a safe space for LGBTQ disabled persons to meet, socialise and campaign | <http://switchboard.org.uk/brighton-hove-lgbt-disabled-group/>

**LGBT Police Team** | LGBT hate crime is where someone is targeted because they are, or are perceived to be gay, lesbian, bi or trans. If you are affected by LGBT hate crime, you can get support from the LGBT Police Team. If you or someone else is in danger always call 999 | In a non-emergency call 101 or email [LGBT@sussex.pnn.police.uk](mailto:LGBT@sussex.pnn.police.uk)

**MindOut |** Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service | Online chat service providing confidential information and support | <https://www.mindout.org.uk/>

**Navigate |**A group for transgender men, gender queer people and those questioning their gender identity. They provide social spaces, support, advice and co- ordinate local campaigns in Brighton & Hove relevant to trans masculine people | <https://navigatebrighton.wordpress.com/>

**Older LGBT Project |**The Older LGBT Project is for anyone over 50 and offers activities and events, training to organisations, and campaigns to improve things for those of us who are ageing| [**http://switchboard.org.uk/older-lgbt-project**](http://switchboard.org.uk/older-lgbt-project)

**RISE LGBT Domestic Abuse Project *|*** RISE has a specialist service to support LGBTQ people in Brighton and Hove who have experienced violence or abuse from a partner, ex-partner or family member | For confidential support and advice contact the LGBTQ Service: [lgbt@riseuk.org.uk](mailto:lgbt@riseuk.org.uk) | [www.riseuk.org.uk](http://www.riseuk.org.uk)

**The Sussex Beacon** | Provides care and support for people and families living with HIV | [http://www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk/)

**Trans Alliance** | The Trans Alliance is a forum for trans community leaders and activists who live, work, study or socialise in Brighton & Hove | <https://brightontransalliance.wordpress.com>