

## Want to find out more? Need someone to talk to?

LGBT Foundation

<https://lgbt.foundation/>

Stonewall

<https://www.stonewall.org.uk/>

Equality and human rights issues

[Equality Advisory and Support Service](#) (England, Scotland, Wales) offer free, confidential advice and support if you feel you have been discriminated against or if you feel your human rights have been breached.

Hate crime

[True Vision](#) provide advice on hate crime, how to report it, and where to get support .  
GOV.UK also provides advice on how to [report](#) hate crime.

Trans health

[NHS](#) offers transgender health advice and support.

The Tavistock and Portman NHS Foundation Trust's [Gender Identity Development Service](#) offers health advice and support to young people presenting with difficulties with their gender identity.

LGB health advice

[NHS](#) offers LGB health information and support.

Domestic abuse

[Galop](#) is a national LGB&T domestic abuse helpline.

Young people under 25

[The Mix](#) (formerly Get Connected) provide phone, email or web chat support on any issue.  
Also includes a comprehensive searchable directory of other LGB&T support services.

Children and young people up to the age of 19

[Childline](#) provides free, confidential advice, support and counselling on any issue.

If you require emotional support

Samaritans provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

If you need more information or guidance on your rights, the following links below might be helpful.

Gender Identity

Information on Application for a Gender Recognition Certificate (and how this interacts with marriage.)

Discrimination

There is a range of guidance and advice on your rights.

GOV.UK has information on discrimination and your rights.

Guidance for employers and service providers on supporting and including transgender customers and recruiting and retaining transgender staff.

Equality and Human Rights Commission guidance for workers.

Equality and Human Rights Commission guidance for service users.

There is also information on the Public Sector Equality Duty.