

Helplines



Samaritans

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

LGBT Switchboard

<https://switchboard.lgbt/>

0300 330 0630

chris@switchboard.lgbt

Emails are typically replied to within 72 hours

Mindout

Phone: 01273 234 839 – answer phone system, leave a message

info@mindout.org.uk

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people. We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.

Young Minds

Text: YM to 85258. available 24/7

Website: www.youngminds.org.uk

Info: Leading charity to support young people's mental health. Support is also offered to families and friends.

Parents line: 0800 802 5544

Lines open Monday to Friday 9.30am– 4.00pm

Mindline Trans

0300 330 5468–Monday to Friday 8pm–midnight/

Info: Confidential, emotional mental health support helpline for people who are Trans, Non Binary, A gender, gender Fluid.

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

