



## **STRUGGLING AT HOME?**

### **Support for young people living in homophobic, biphobic &/or transphobic households during lock-down**

Living in a household where you are not seen for who you are can be incredibly difficult.

We are here to support you.

From self-care to practical help when you need it most: here you can find advice on where to get the support you need.

If your living situation becomes too difficult to manage, it is important to remember that there are services out there to support you (see page 2).

**In emergencies, please call 999.** Dialling 55 after dialling 999 alerts police operators that you are in need of assistance but cannot talk.

### **Self-Care**

When we are living in a difficult situation, it is important that we take the time to support and nurture ourselves. On our website we have a number of resources to help with this, some particularly worth looking at are:

[Wellbeing Leaflet](#)

[The Three Cs](#)

### **Your support networks**

When we are living with people who don't see us for who we are, it is important that we regularly connect with those who do. Some suggestions are:

Regular contact with your LGBTQ+ Network or supportive individuals within your life

Following inspiring LGBTQ+ Role Models

Watching LGBTQ+ TV Programs and Films

## Free2B Support

Remember we are still here to support you during the Covid-10 lockdown. Our 1:1 and group services are continuing online. Please contact us if you feel you need more support: [info@free2b-alliance.org.uk](mailto:info@free2b-alliance.org.uk) | 07757 502 726

## Galop - the LGBT+ anti-violence charity

**London LGBT+ Domestic Abuse Helpline:**

0207 704 2040 | [referral@galop.org.uk](mailto:referral@galop.org.uk)

**National LGBT+ Domestic Abuse Helpline:**

0800 999 5428 | [help@galop.org.uk](mailto:help@galop.org.uk)

**Report Online:** <http://www.galop.org.uk/report/>

## Housing

**The Albert Kennedy Trust:** offers housing support for young people between the ages of 16-25 years old.

[www.akt.org.uk](http://www.akt.org.uk)

**Stonewall Housing:** offers housing advice and support to anyone from the LGBTQ+ community <https://stonewallhousing.org/>

## Further helplines and support

**Mermaids:** Helpline (9am-9pm Monday to Friday) – 080 801 0400

Web Chat (9am-9pm Monday to Friday) –

**Mindout:** Online Support Instant Messaging Service –

<https://www.mindout.org.uk/get-support/mindout-online/>

**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:** 0300 330 0630 [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) Emails are typically replied to within 72 hours

**Young Minds:** Text YM to 85258. available 24/7

**Mindline Trans:** 0300 330 5468—Monday to Friday 8pm—midnight/

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