

Support leaflet



Local, national, and online support for
transgender and non-binary people

Contents

About this booklet	2
Urgent support.....	2
Local support and networking.....	3
What is a Recovery College?.....	4
Local Recovery Colleges	4
Housing, asylum, family and age specific resources	5
Online and wellbeing resources.....	6
National support.....	8

About this booklet

Categorised list of 50 different resources for support around your gender, expression, well being, housing, and more.

All resources can also be found online on the NRGDS website under 'Resources and Support'

Each resource has a QR code for easily accessing the websites and contact information.

Urgent support

If you or someone you know is facing a mental health crisis or needs urgent help, please call **999** immediately.

Alternatively, you can call NHS **111 + Option 2**. This will connect you to the NHS Crisis Response Service.

Crisis Text Line: Text **HOME** to **741741**

Give us a shout: Text **SHOUT** to **85258**

How to scan QR codes

1. Open your Camera app and point it steadily for 2-3 seconds towards the QR Code you want to scan.
 - You may need to cover nearby QR codes to ensure you only scan the code you require
 - You do not need to take a photo
2. Whenever scanning is enabled, a notification will appear
 - This could be at the top or bottom of your screen depending on which mobile device you are using so keep an eye out
3. If nothing happens, you may have to go to your Settings app and enable QR Code scanning.
 - If you are struggling, you may want to download a free QR scanner app which can be found in your mobile app store

Local support and networking

<p>Outreach Cumbria Community projects and support www.outreachcumbria.org.uk info@outreachcumbria.co.uk 0800 345 7440</p>	
<p>Hart Gables LGBTQ+ support Teesside info@hartgables.org.uk www.hartgables.org.uk 01642 675 509</p>	
<p>LGBT Northeast – Humankind 1:1 sessions, group support, peer support https://humankindcharity.org.uk/service/lgbt-north-east/ lgbt@humankindcharity.org.uk 01325 731 160</p>	
<p>Barnados – The Base Youth service, 16-24Yr old and parents/carers https://www.barnados.org.uk/get-support/services/positive-identities-gender-space Thebaseproject@barnados.org.uk genderspace@barnados.org.uk</p>	
<p>Pride Action North LGBTQIA+ charity, Northeast, 1-2-1, group sessions, wellbeing etc https://www.prideactionnorth.org.uk/ support@northumberlandpride.org.uk 03332427307</p>	
<p>Newcastle Sexual Health Clinic LGBTQI+ Clinic: Mondays 3:00PM – 7:00PM https://sexualhealthservices4newcastle.co.uk/ 0800 500 3019</p>	
<p>Citizens Advice Gateshead LGBTQIA+ Drop in Sessions, 5:30-7pm dates vary advice@citizensadvicegateshead.org.uk 0808 278 7902</p>	
<p>Be Trans-founded charity supporting and empowering trans people in the North East, education, peer support and signposting https://be-north.org.uk/</p>	

What is a Recovery College?

Recovery Colleges provide free educational workshops and courses. They are open to everyone, and they are designed to support people experiencing mental health challenges to invest in their own wellbeing and recovery.

All the courses cover a variety of topics and follow a personal recovery approach which encourages:

- Self-knowledge and acceptance
- An understanding of the principles of recovery
- Learning and applying new skills and strategies
- Leading a meaningful life with or without symptoms

The aim is to empower people to take control of their own lives and become experts in their own recovery - people choose their own courses to attend.









It is a safe space to learn among other people who have experienced mental health challenges.

Recovery colleges are not a replacement for clinical support, they work alongside it.

Local Recovery Colleges

Recovery College Collective – Newcastle 0191 261 0948 www.recoverycoco.com info@recoverycoco.com	
Sunderland Recovery College – Fulwell 0191 561 2276 www.sunderlandrecoverycollege.com sunderlandrecovery@gmail.com	
Impact on Teesside – Online 01642 573 924 www.impactonteesside.com enquiries@impactonteesside.com	
Kind Mind - South Tyneside 0191 217 2935 www.kindmindcommunity.org kindmindcommunity@mentalhealthconcern.org	
North Cumbria Recovery College Allerdale, Copeland, Carlisle, Eden 0808 196 1773 www.ncrecoverycollege.org hello@ncrecoverycollege.org	
NT Life Recovery College – North Tyneside 0191 643 2626 www.voda.org.uk/ntlif admin@voda.org.uk	

Housing, asylum, family and age specific resources

AKT Housing support for LGBT youth https://www.akt.org.uk/ contact@akt.org.uk	
Stonewall Housing LGBT+, Housing, and Over 50s support, Live Chat /Helpline. https://stonewallhousing.org/ 0800 6 404 404	
Rainbow Home NE Supporting LGBT+ people in the Northeast who are seeking asylum https://rainbowhome.org.uk/ rainbowhomene@gmail.com	
NAPAC Supporting recovery from childhood abuse https://napac.org.uk/ support@napac.org.uk	
If U Care Share Crisis and Family Support for Suicide https://www.ifucareshare.co.uk/ 0191 387 5661	
Depend Free Advice for family members and friends of trans people info@depend.org.uk	
Citizens Advice Find your local Citizens Advice. Benefits, Work, Finances, Housing, Family, Immigration, Health etc https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/ 0800 144 8848	
SomeOne Cares –North East or online Free 1-2-1 counselling* online and in-person, support for survivors of domestic violence. Specialised in childhood sexual abuse/assault https://someonecares.org.uk/	

Online and wellbeing resources

Gender Kit Online guide to changing things linked to gender: https://genderkit.org.uk/	
Trans Actual Working with experiences with healthcare for trans people. Legal recognition & protections, media representation and more. https://transactual.org.uk/	
Not A Phase Charity dedicated to awareness campaigning, social projects and funding new initiatives https://notaphase.org/	
Gendered Intelligence Support for trans people, families, and friends. Increasing sense of resilience and belonging https://genderedintelligence.co.uk/	
Black Trans Foundation Non-profit foundation offering 4 months free therapy for black trans/nonbinary people blacktransfoundation@gmail.com	
Transgender Zone Comprehensive site for medical and social information https://www.transgenderzone.com/	
Non-Binary Wiki Online encyclopaedia for information relating to trans/non-binary www.nonbinary.wiki	
The Angels Online forum for community and support www.theangels.co.uk	
LGBT Foundation Talking Therapies, Sexual health support, helpline/email support, recovery, community safety and trans advocacy work https://lgbt.foundation/	

<p>Transforming futures Funding projections designed by the trans community for the trans community, in hopes to make trans people safer in healthcare and criminal justice systems https://www.transformingfuturespartnership.co.uk/</p>	
<p>Northern Proud Voices North East's longest-running community choir for LGBTQ+ people https://www.northernproudvoices.co.uk/</p>	
<p>Newcastle Frontrunners LGBTQI+ Inclusive running club www.newcastlefrontrunners.co.uk</p>	
<p>Consortium Search for in-person and online support groups near you https://www.consortium.lgbt/member-directory</p>	
<p>Northern Lights Community Church LGBT founded Community Church http://www.northernlightsmcc.org.uk/ contact@northernlightsmcc.org.uk</p>	
<p>Terrence Higgins Trust HIV and Sexual Health charity, guidance for trans/non-binary people https://www.tht.org.uk/sexual-health/trans-people</p>	
<p>Deep Stealth Productions Production company for education/entertainment around gender https://www.deepstealth.com/</p>	
<p>Trans Media Watch Help and support for dealing with the media https://transmediawatch.org/ info@transmediawatch.org</p>	
<p>Meta Magazine Magazine for trans and genderqueer news and culture https://metamagonline.wordpress.com/</p>	

National support

<p>Mindline Trans + Helpline supporting gender diverse people, family & friends https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/ 0300 330 5468 (Fridays) or 01823 276 892</p>	
<p>The Gender Trust Largest registered charity, advice and information for trans people https://www.gendertrust.org.uk/</p>	
<p>GALOP National LGBT domestic abuse helpline. https://galop.org.uk/ help@galop.org.uk 0800 999 5428</p>	
<p>Switchboard The national LGBTQIA+ support line https://switchboard.lgbt/ hello@switchboard.lgbt 0800 0119 100</p>	
<p>Black Trans Alliance Non-profit, black queer & trans led supporting black trans and non-binary people in London and the wider community https://www.blacktransalliance.org/</p>	
<p>Press for Change Campaign group focusing on the rights & treatment of trans people http://www.pfc.org.uk/</p>	
<p>GIRES Gender Identity Research & Education Society https://www.gires.org.uk/</p>	
<p>The UK Intersex Association Education, advocacy, campaigning, and support for intersex people www.ukia.co.uk</p>	
<p>National Trans 24hr Helpline for trans/non-binary people, 24hrs a day, 365 days a year Nationaltrans24helpline@gmail.com 0330 043 4069</p>	<p>No Code Available</p>