

LGBTQ+ mental health support

If you find yourself or a loved one struggling with mental health, these organisations offer mental health advice, support and services for LGBTQ+ people.



A wide range of advice, support and information for LGBTQ+ communities.

0345 330 3030

lgbt.foundation



Provides a listening service for LGBTQ+ people over the phone, via email and online chat.

0800 0119 100

help@switchboard.lgbt
switchboard.lgbt



This membership organisation works to support LGBTQ+ organisations and projects around the country. Use the site's Member's Directory to find local mental health services.

consortium.lgbt



Find the right LGBTQ+ supportive therapist or counsellor with Pink Therapy.

pinktherapy.com



Provides helplines and other support for LGBTQ+ adults and young people who have experienced hate crime, sexual violence or domestic abuse.

0800 999 5428

help@galop.org.uk
galop.org.uk



Supports gender-diverse young people aged 19 and under, and their families and carers.

0808 801 0400

mermaidsuk.org.uk