

Support for Lesbian, Gay Bisexual Trans+ (LGBT+) people during coronavirus

Coronavirus means that life is different for everyone at the moment.

The changes that have happened might be more difficult if you are an LGBT+ person.

This means it is even more important than normal for you to get the right support.

There is lots of information, advice and support out there to help you get through this time.

This summary is to help you if you are an LGBT+ person and make sure you know where to get the support you need. The links to the information are in this document.

If you have any questions or need advice you can contact the LGBT+ health team on england.lgbtadvisor@nhs.net.

You can also call the team on 07730 380395. This is not an emergency number and it may not get answered straight away.

Accessing NHS services

The way that NHS services work is different at the moment.

A lot of appointments will not be face-to-face and could be done in a different way, however some appointments may be cancelled.

Most NHS services are still open if you need them. There is information on the NHS England website about accessing services –

[Plain English information on accessing services](#)

[Easy read information about accessing services](#)

Support with looking after your mental health

Your mental health is how you are thinking and feeling. Coronavirus might be making your mental health worse.

[Plain English guidance on health and wellbeing](#)

[Easy read guidance is about looking after your feelings and body.](#)

If you are an LGBT+ person and you are worried about your mental health, there are people and organisations you can talk to.

MindOut

[MindOut](#) is an LGBT advocacy and online support charity for people with mental health issues.

Phone number: 01273 234839
email: info@mindout.org.uk

LGBT Foundation

LGBT Foundation have an advice and support helpline. You can call them between 10 and 6pm.

Phone number: 03453 303030
email: Helpline@lgbt.foundation.
website: <http://lgbt.foundation/coronavirus/remote-services>

Samaritans

[Samaritans](#) is a confidential free service that can help if you feel your mental health is very low.

Phone number: 116 123.

Shout

[Shout](#) are a service you can text if you feel your mental health is very low. To text with a trained volunteer who will help you -

Text SHOUT to 85258

Help if you don't feel safe at home

You might be living with someone who doesn't respect you as an LGBT+ person. They might be hurting you or making you feel scared. This is called **domestic abuse**. This [easy read guide has more information domestic abuse](#).

Police

If you are in an emergency call the Police.

- Call 999,

- Press 55 after the 999 call has been answered and stay on the call for a minute if you are in a dangerous situation and you can't speak. This will let the Police know that you are in danger. They will know where you are and come out to you.
- You can also text 999 using Emergency text message.

You need to be registered to be able to use 999 over text. To do this you will need to –

1. Send the word "register" to 999
2. You will receive a message about the service
3. When you have read the message, reply with 'yes' (in a text message to 999)
4. You will receive another message confirming that you have registered.

Galop

[Galop](#), which is a national LGBT+ anti-violence charity, has a domestic abuse helpline.

Phone number: 0800 999 5428.
 Email for LGBT help: help@galop.org.uk

Galop have a [trans helpline](#) as well.

Phone number: 0207 704 2040
 Email: referrals@galop.org.uk

Bright Sky

[Bright Sky](#) is an app that has information and support about domestic abuse.

Refuge

Refuge is another service if you are experiencing domestic abuse.

Phone Number: 0808 2000 247

There is also official advice on [the government website](#)

Help if you are homeless or are worried about becoming homeless

There is lots of advice and support available if you're homeless or might become homeless.

Shelter

[Shelter](#) has advice for if you are worried about losing your home, or if you are finding paying your rent or mortgage difficult. They are also there for you if you are homeless or going through domestic abuse. This is a website for everybody.

Albert Kennedy Trust

The Albert Kennedy Trust support young people about to become or are already homeless. They also support young people who feel unsafe with the people they live with. They [released this update](#) on how to access services.

The Outside Project

The Outside Project are a group of LGBT+ people with experience of Homelessness. It is the UK's first LGBT+ Crisis/Homeless Shelter & Community Centre.

Here is a link to their [Facebook group](#).

Phone number: 0207 359 5767

Stonewall Housing

[Stonewall Housing](#) is a charity that provides safe spaces for LGBT people to live.

Phone number: 020 7359 5767

Here is the link for [self-referral](#). This is a form you fill out that will let our team know that you want to contact us.

Here is some information about [self-isolating](#) on Twitter.

Help with money

Coronavirus might mean you have lost your job, you can't work, or you are earning less money. There are places that can help you.

Citizens Advice

Citizens Advice has advice to help you if your work has been affected by coronavirus.

Phone number: 03444 111 444
Text phone: 18001 03444 111 445

Universal Credit

If you have lost your job or you can't work, you might be able to apply for [Universal Credit](#).

Phone number: 0800 328 5644
Text phone: 0800 328 1344

Food banks

You might not have enough money to buy food for you or your family. You might have a foodbank near you that can help (foodbanks support people who can't afford essentials like food).

[The Trussell Trust](#) has information on how to find a foodbank.

Phone number: 01722 580 180
Email: enquiries@trusselltrust.org

The [Queercare food networking support page](#) has an online form to help you get support if you are a vulnerable LGBT+ person and can't go out.

[Covid-19 Mutual Aid UK](#) also have a network of local groups that might be able to help you get the support and food that you need.

You can also contact them for support on [Facebook](#) or [Twitter](#).

Support with money for sex workers

[SWARM](#) is an organisation that is run by and supports sex workers. They have set up a fund for if you are a sex worker and struggling for money during coronavirus.

Email: contact@swarmcollective.org
Twitter: @sexworkhive

Support and advice for trans and non-binary people

Not being able to use some services might be very worrying if you are trans or non-binary.

If you are on the waiting list for gender identity services, like hormone therapy and surgery, you might have to wait longer than you expected to get seen by a professional.

Hormones

Most GP practices are still open. This means you should still be able to get hormone prescriptions.

If you have a repeat prescription you can order it using your GP's or pharmacy's online service.

GPs should also carry on giving hormone injections.

The London Gender Identity Clinic (GIC) have made some [guidance for GPs](#). If your GP has told you they can't carry on giving you hormone prescriptions, you can ask them to read this guidance. This is not currently available in plain English or easy read.

Gender identity clinic (GIC) appointments

Gender identity clinics have stopped giving out new appointments.

If you already have an appointment booked, it might happen over the phone or on a video call.

What happens to your appointment depends on which gender identity clinic you use.

Getting in touch with your gender identity clinic (GIC)

Trans Health UK has a list of all gender identity clinics. On their website you can see what services are still running at your gender identity clinic. It also has information on [how to contact them](#).

You should also be able to get advice from the website of your gender identity clinic or by calling them.

Binding

If you wear a binder, you are more likely to get very poorly from coronavirus.

Read these [top tips from Transgender NI for people who are binding](#).

Other places to get advice and support for trans and non-binary people

Gendered Intelligence

[Gendered Intelligence](#) is a trans youth work charity that provides support groups and activities for young LGBT+ people (8-25 year olds). They [provide some online services](#), you can contact their [support line](#) and see their [online training](#).

Phone number: 0330 3559 678
Email: youthwork@genderedintelligence.co.uk

CliniQ

[CliniQ](#) is an organisation that helps trans and nonbinary people with wellbeing and sexual health. They provide a range of mental health and wellbeing services.

Phone number: 07545 143797
Email: admin@cliniq.org.uk

Transgender NI

[TransgenderNI](#) is an organisation for trans people in Northern Ireland.

Phone number: 0300 302 3202
Email: info@transgenderni.org.uk

What the Trans

[What the Trans](#) is a podcast by and for trans people. They have set up a [discord chat](#) during lockdown, where you can talk to other trans people.

Other organisations that can help LGBT+ people

Stonewall

Stonewall has compiled a useful [list of organisations](#) that can support LGBT people at this time.

Phone number: 0800 0502020

Email: info@stonewall.org.uk

There are also other organisations providing advice and support for LGBT+ people, which can be found [here](#) -

LGBT Foundation

The [LGBT Foundation](#) are open as usual, and welcome calls or emails from anyone worried about the impacts of coronavirus.

Phone number: 0345 3 30 30 30
Email: info@lgbt.foundation

Switchboard LGBT

[Switchboard LGBT](#) is a national charity that listens to LGBT+ people, providing a lifeline and calm words to those who need them. You can get in touch about anything on the phone, via email, or the live chat.

Phone number: 0300 330 0630
Email: chris@switchboard.lgbt

Support for LGBT+ young people

The Proud Trust

[The Proud Trust](#) is an LGBT+ charity for young people which has an online tool to [find your local youth group](#), many have set up support online.

Phone number: 0161 660 3347
Email: info@theproudtrust.org

Gendered Intelligence

[Gendered Intelligence](#) is a trans youth work charity that provides support groups and activities for young LGBT+ people (8-25 year olds). They [provide some online services](#), you can contact their [support line](#) and see their [online training](#).

Phone number: 0330 3559 678
Email: youthwork@genderedintelligence.co.uk

Childline

[Childline](#) is a charity that supports children and young people under 18. You can [call](#) or [email](#) them for free so you don't need credit on your phone. They have information about coronavirus.

Phone number: 0800 1111

Link to send email: <https://www.childline.org.uk/login/?returnPath=%2flocker%2fnew-email%2f>

Support for support older LGBT+ people

Opening Doors

[Opening Doors London](#) is a charity for older LGBT people who have a [free telefriending \(telephone befriending\) service](#) that anyone aged over 50 can access.

Age UK

[Age UK](#) is a charity for older people that has an advice line.

Phone number: 0800 678 1602

Support for LBGT+ people living with cancer

Live Through This

[Live Through This](#) supports LGBTQ+ people living with cancer and offer advocacy and support. You can find them on Twitter to find out about their online support group.

Twitter: @LTTcancer

Sexual health support

Terrence Higgins Trust

[Terrence Higgins Trust](#) has provided advice on sex and sexual health during the lockdown.

It includes frequently asked questions for people taking [PrEP](#).

Prepster

[PrEPster](#) also has information and advice about PrEP and coronavirus for people living with HIV.

Support for families with children

There is [guidance for children receiving free school meals](#).

Place2be

[Place2be](#) has a guide to help parents answer questions from their children and to support family wellbeing.

Young Minds

[Young Minds](#) has advice about talking to your child about Coronavirus.

Phone: 0808 802 5544

Email from website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Maternity Action

You can contact Maternity Action about rights and benefits during pregnancy and maternity. Their contact details are –

Phone number: 020 7253 2288

Email: info@maternityaction.org.uk

Support for refugees and asylum seekers

Micro Rainbow

[Micro Rainbow](#) is a charity that works for a future free from discrimination, with a specific focus on providing safe housing for LGBTI asylum seekers and refugees.

Their [advice services, including their helplines](#), are still open for those who need their help.

UK Lesbian and Gay Immigration Group

The [UK Lesbian and Gay Immigration Group](#) supports those seeking asylum. They [offer legal advice](#), and can support you during this time of uncertainty.

Coronavirus help for LGBT+ people who speak another language

If you are looking for information about COVID in languages other than English, you can get help from [Doctors of the World](#). They translate NHS guidance into 51 languages. They update it regularly.

Glossary

Binding

Tight wrapping of the chest with special clothes to reduce the size or appearance of breasts.

Bisexual (or bi)

A word used to talk about people who fall in love with, or want to have sex with, people of two or more genders.

Cisgender (or cis)

Someone whose gender is the same as the sex they were assigned at birth. Non-trans is also used by some people.

Discord chat

This is a programme and app where groups of people can chat or video each other.

Gay

When a man (or someone whose gender is partly male) falls in love with, or wants to have sex with, men (or people whose gender is partly male) only.

Gay can also be a general word for when either a man or woman falls in love with someone of the same gender.

Some people use the word 'homosexual' instead of gay, but this is quite old-fashioned.

Gender

This is your deep feeling about your own gender, whether you feel male, female, non-binary or something else.

Gender identity clinics (GICs)

This is a health service that trans and nonbinary people can use. You can speak to someone professional, talk about any prescriptions you might need and speak about

any treatment that you can have. You might need to wait a long time before you can speak to someone.

Heterosexual (or 'straight')

This is where a person is in love or sexually interested in people of the opposite sex.

Intersex

Someone who was born with body parts that people usually think of as male and female, or body parts that don't match people's usual ideas of male or female.

Lesbian

A woman (or someone whose gender is partly female) who only falls in love with or wants to have sex with other women (or other people whose gender is partly female).

LGBT+

This is the short way of saying lesbian, gay, bisexual, trans and other genders and sexualities that are not heterosexual or cisgender.

Non-binary

This is when you do not feel that you are simply male or female.

Podcast

This is a recorded video that is available online for people to watch and listen to.

Sex

This is what the doctor will say you are at birth – male, female or intersex.

Trans

When your gender is not the same as what you were labelled as when you were born.

