

## **LGBT+ HELP AND SUPPORT**

**[www.theproudtrust.org](http://www.theproudtrust.org)**

The Proud Trust is an LGBT+ youth charity empowering LGBT+ young people to be proud of who they are. Although it is based in Manchester, their website is excellent and contains lots of useful information for anyone who is LGBTQ, or an ally of the LGBT community. You can also contact them by phone on: 01616603347.

**<https://theproudtrust.org/proud-connections/>**

Proud Connections is The Proud Trust's programme of bespoke support, including a live chat service, for LGBT+ young people and their families.



**[www.thekitetrust.org.uk](http://www.thekitetrust.org.uk)**

The Kite Trust is an organisation that envisages an inclusive society where LGBTQ+ young people are healthy, successful and celebrated. They are based in Cambridgeshire and Peterborough but have online services which could be of use.

**[www.stonewall.org.uk](http://www.stonewall.org.uk)**

Stonewall, a UK-based charity that stands for the freedom, equity and potential of all lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people. At Stonewall, they imagine a world where LGBTQ+ people everywhere can live their lives to the full. This website is a great place to start if you are wanting to support the LGBT+ community.

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

AKT are the only national LGBTQ+ youth homelessness charity, they give LGBTQ+ 16-25 year olds at risk of, or experiencing homelessness support they need to thrive. They have four offices located in London, Bristol, Manchester and Newcastle, as well as live chat to offer support across the UK. They state that no one should have to choose between a safe home and being who they are and they are there to support anyone who is experiencing this.

**<https://switchboard.lgbt/>**

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. They can discuss anything related to their sexuality

and gender identity. They provide a space to explore, talk and be truly heard.

**<https://www.waythrough.org.uk/>**



**Waythrough supports young LGBT+ people aged 11-25 and their families in County Durham, Sunderland and South Tyneside.**