

LIKEMIND

An online mental health companion for young people



Gender identity and sexual orientation

Information on gender identity, sexual orientation and support services.

Information

Gender identity - <https://www.youngstonewall.org.uk/lgbtq-info/gender-identity>

Sexual orientation - <https://www.youngstonewall.org.uk/lgbtq-info/sexual-orientation>

List of LGBTQ+ definitions - <https://itspronouncedmetrosexual.com/2013/01/a-comprehensive-list-of-lgbtq-term-definitions/>

NHS E-learning: gender variance - <https://www.e-lfh.org.uk/programmes/gender-variance/>

Support services

Gender identity development service

- England's only NHS service for children and young people experiencing difficulties in the development of their gender identity. The service has main clinics in London and Leeds, as well as satellite clinics elsewhere across England in places like Exeter

Mermaids

- Support for young people (up to 19yrs) with gender identity issues, and their families.
- Email: info@mermaidsuk.org.uk
- Phone: 0844 334 0550 (09:00 – 21:00)



[Pink Therapy](#)

- UK's largest independent therapy organisation working with gender and sexual diversity clients.

[Gendered Intelligence](#)

- Working with the trans community, particularly specialising in supporting young trans people aged 8-25. Includes resources for trans and gender questioning young people, and their families.

[Galop](#)

- LGBT and anti-violence charity, incl. trans advocacy service. National LGBT+ Domestic Abuse Helpline runs a tran specific service, staffed by trans members of the team.
- 0800 999 5428 Tuesdays 13:00 to 17:00

[Stonewall](#)

- Information and support for lesbian, gay, bisexual and transgender young people.
- Helpline: 020 7593 1850 (Mon-Fri 09:30-17:30)

[MindEd](#)

- MindEd for families is a website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing

