

## LGBT+ Support Services for Young People

### **Human Kind – LGBT+ Team**

Leah Emerson – Senior Practitioner  
0191 4661389/ 07711591691  
Email: [lgbt@humankindcharity.org.uk](mailto:lgbt@humankindcharity.org.uk)

### **Stonewall Help and Advice Service**

FREEPHONE 0800 0502020 (lines are open 9:30 - 4:30 Monday to Friday)

### **LGBT Switchboard and Helpline**

0300 330 0630 (10am-10pm Daily)

### **Mermaids UK**

Family and individual support for gender diverse and transgender children and young people

<https://mermaidsuk.org.uk/>

### **MindLine Trans+**

A confidential emotional and mental health support helpline for people who identify as transgender, agender, gender fluid and non-binary.

Telephone: 0300 330 5468

### **MESMAC**

Signposting service for gay and bi-sexual males aged 13 upwards.  
[Mesmacnewcastle.com](http://Mesmacnewcastle.com)

### **Tavistock and Portman**

For children and young people, and their families, who experience difficulties in the development of their gender identity. Specialist NHS Service.

[Tavistockandportman.nhs.uk](http://Tavistockandportman.nhs.uk)

### **PLUS Group**

A mixed social group for anyone under the age of 25 who is lesbian, gay, bi-sexual or questioning their sexual orientation.

Contact Louise Jobling: 0191 4777759 [louisejobling@ywop.co.uk](mailto:louisejobling@ywop.co.uk)

### **T and Coffee**

The gender identity support service and group for people aged 15-25

Contact Debra: 07415 104559 [debswalker@trinityyouth.org.uk](mailto:debswalker@trinityyouth.org.uk)

### **FFLAG**

Support friends and family members of LGBT+ people

[www.FFLAG.org.uk](http://www.FFLAG.org.uk)

Confidential Helpline: 0845 652 0311