

A guide for LGBTQ+ carers

Getting support and knowing your rights



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About this guide

You are more likely to have caring responsibilities if you are a part of the LGBTQ+ community according to our research.

At times, caring can bring many positives and rewards. Unpaid carers are people who regularly look after a friend, partner, family member or neighbour. There's nothing more natural and human than helping our loved ones get the most out of life. There's also nothing more difficult than focusing on someone else's needs without neglecting our own. Whether we're caring around the clock or balancing caring with work and family life, it can be exhausting. The 'system' can be bewildering. The emotions can be shattering.

If you or the person you care for identifies as LGBTQ+, you may find you have additional concerns and challenges to consider. Some people feel support services won't understand their needs. Some people may access support late or not at all, because they anticipate facing stigma or discrimination. This can lead to additional feelings of stress and isolation. This guide offers support and advice to help you overcome these challenges.



However caring affects you, we're here. This information explores the experiences of LGBTQ+ carers, and outlines what support is available.

"I feel as if during the time I was caring, I spent six years back in the closet after the journey of coming out."

Carer

Challenges of being an LGBTQ+ carer

In addition to the usual demands of caring, LGBTQ+ carers can face a range of additional challenges in terms of accessing services, finances and mental health.

Research by Carers UK looked at the experiences of carers during the Covid-19 pandemic. This showed that, when compared with heterosexual carers, lesbian, gay and bisexual carers were:

- more anxious about their current financial situation
- more likely to say they were struggling financially
- more likely to feel lonely or isolated
- more likely to have poor mental health.

In the [Carers UK briefing on LGBTQ+ carers](#), research from organisations like Stonewall, as well as unique research, finds that LGBTQ+ carers may face a range of challenges when caring. These can include:

- Caring for a family member who may not be aware of their LGBTQ+ identity, or who has rejected them because of their LGBTQ+ identity. Some research has found that bisexual people are less likely to be out to all their family.

- Losing aspects of their LGBTQ+ identity as a result of the demands of their caring role. This might include not being able to attend LGBTQ+ events, connect with others or have opportunities for self-expression. As a result, carers may feel they have gone back ‘in the closet’ and their self-esteem, mental health and opportunities to connect with others may be impacted.

“As a queer carer looking after someone, I’ve had a challenging time with regards to my sexuality. Caring put me in an uncomfortable position of more proximity to someone I found difficult to be around. Compared to other people and places where I can be my full self, I noticed that I minimised aspects of myself that would set my mum off, in a way partly retreating into the closet. The intimacy that exists between a disabled person and their carer has scope to really strengthen some relationships, but instead it made me feel unsafe and performative at times.”

Carer

- For young LGBTQ+ carers, there may be fewer opportunities for them to explore their LGBTQ+ identity with less time to go out with friends and meet new people.
- Experiencing mental health issues or loneliness may make the caring role more challenging. Some people may be estranged from family or have difficult relationships with family members who are not accepting of their LGBTQ+ identity, resulting in increased loneliness or lack of support with their caring role. LGBTQ+ people can also be subjected to abuse or attacks which may cause or exacerbate mental health problems. Some LGBTQ+ carers may not be accessing support for mental health issues due to concerns that support services are based on the needs of heterosexual people.
- Some people experience prejudice, discrimination or harassment when accessing services, and feel distrustful of support services as a result.
- Many carers are aged over 65; older LGBTQ+ carers may have lived through times of legal and structural discrimination and be reluctant to access support services or to share their LGBTQ+ identity because of previous negative experiences.

“My ex-girlfriend who had self-harmed tried to look for support and counselling, however she was directed to a Christian counsellor funded by the church, and the general consensus was being gay is making you self-harm so you can be healed by returning straight.”

Carer

- Some people feel pressure to be the one to care for a family member if they are unmarried and do not have children.
- It is uncomfortable to continually ‘come out’ to services when assumptions are made about their sexuality and/or gender identity and/or their relationship with the person being cared for.
- Some people feel uncomfortable about sharing their sexual orientation or gender identity, or feeling that they need to go ‘back in the closet’ due to fears of discrimination or unfair or biased treatment by services. The person being cared for may also feel this way, for example if they are moving into a care home.
- Not being recognised as a carer can be an issue for some LGBTQ+ carers who may be caring for people in their ‘family of choice’ ie their support network of friends, neighbours, or ex-partners.

- You may be experiencing physical health issues as a result of medical gender transitioning which, for some trans carers, may affect their ability to carry out their caring role. Some trans carers also change employment after transitioning which can cause additional stress. Trans people can already face significant barriers in accessing employment which has an impact on mental health and wellbeing.

“Doctors and nurses are really uninformed. Going for an appointment about my mental health usually ends with me in tears because they’ve decided all of my anxiety and depression is caused by me being trans.”

Carer



Equality Act 2010 and other laws

If you can relate to any of these issues, it is important to remember you have rights under The Equality Act 2010. This Act legally protects people from discrimination in the workplace and in wider society.

In Northern Ireland, there are several pieces of legislation covering equality issues. Of particular relevance, there is the Employment Equality (Sexual Orientation) Regulations 2003 and the Civil Partnership Act 2004.

People should not be put at a disadvantage by any of the following ‘protected characteristics’:

- gender
- race
- faith or belief
- sexual orientation
- age
- pregnancy and maternity
- being married or in a civil partnership
- being a disabled person
- being transgender.

These are the nine characteristics that have been identified as being protected against discrimination when accessing services for health, education and care as well as

employment opportunities. They are part of the Equalities Act 2010. They are listed at [acas.org.uk/discrimination-and-the-law](https://www.acas.org.uk/discrimination-and-the-law) and discrimination against any is considered unlawful.

If you think you've been unfairly discriminated against, you can:

- complain directly to the person or organisation
- use someone else to help you resolve the matter, for example an organisation, union or legal representative
- make a claim in a court or tribunal.



For further information on discrimination visit: carersuk.org/work and carersuk.org/protection-from-discrimination



Carers UK has published a new report calling on the government to review the Equality Act 2010 and introduce caring as a protected characteristic: carersuk.org/media/05upkpwu/carers-uk-protected-characteristic-report-web.pdf



Getting support to help you care

Getting further support

Caring can be hard work – physically and emotionally. Often, support from professionals may focus on the person you are looking after, instead of you as a carer.

This can be particularly relevant for carers in the LGBTQ+ community if you feel that your relationship with the person you are looking after is not properly recognised or if you feel that your needs won't be understood by professionals.

However, it's important to find out about the different ways you might be able to get support as a carer, and getting a carer's assessment could be a good place to start (terms for this may vary by nation).

Carer's assessment

If you are a carer who appears to have a need for support, you should be offered a carer's assessment by the local authority of the person you are looking after. In Northern Ireland, this would be offered by your local Health and Social Care Trust. If you are not offered a carer's assessment, you can contact them and ask for one.

In Scotland, this is called an Adult Carer Support Plan or Young Carer Statement.

You can have a carer's assessment no matter what your level of need, the amount of care you provide or your financial means.

Don't be put off by the word 'assessment' – it's certainly not a test of your abilities as a carer. It's a chance to let social care professionals know how your caring responsibilities affect you physically and emotionally. Simply put, this is a review of your situation to find out what support you need, whether you're willing or able to carry on caring, what you want to achieve in your daily life and whether you qualify for help.

Most assessments are carried out face to face, although some social care teams offer the option to have the assessment online or over the phone. It should be done at a time and place that is convenient for you.

Some local carer centres can also carry out carers' assessments – it's worth checking with your local carers' organisation.

Following the carer's assessment, the assessor will decide if you are eligible for support to be provided to reduce the impact of caring on you. Support could range from specialist advice and information to direct payments.

You can find out more about arranging a carer's assessment by visiting: carersuk.org/help-and-advice/practical-support/carers-assessment/

What are direct payments?

Generally, direct payments for carers are a one-off payment given to support the carer to manage caring and look after their own wellbeing. For example, the payment could be used to go to the gym, or pay for driving lessons or a break away. These are sometimes called a carer direct payment or carer budget payment.

Direct payments for the person being looked after are more commonly ongoing payments used to pay for a care worker or personal assistant to help with their day-to-day needs or for a period of respite care. These payments are instead

of having those services provided directly by the council or trust.

This can be particularly helpful as it could enable you to employ care workers who understand your situation and specific needs or help you to purchase services that you feel comfortable with.



You can find out more about direct payments here: carersuk.org/direct-payments



Healthcare and hospital admissions

Research suggests that you're more likely to be facing your own physical and mental health challenges as a bisexual carer.

Almost 4 in 10 (37%) bisexual carers rated their physical health as 'bad' or 'very bad' compared to 22% of heterosexual carers, 19% of gay carers and 16% of lesbian carers.

In addition, you may feel worried about the potential for being treated differently because of your identity, or face challenges such as feeling you have to 'come out' to services. And you may fear the same for the person you care for.

According to a [report by Marie Curie](#), health and social care professionals often assume that all people using services are heterosexual. Trans people also report that they are often referred to by the pronouns of their birth gender, asked insensitive questions about being trans, or even 'outed' as trans in front of other patients and staff.

"I was going for my PIP assessment. I held my hand out to shake and the nurse didn't look at myself or my wife after I introduced who she was and no eye contact throughout the interview. We felt we wanted to leave."

Carer

"I'm worried my healthcare provider will not take my gender identity seriously."

Carer

"I think there needs to be more of a realisation that people are gay because there is an assumption that everyone is straight. You know, I'm forever being called Mrs somebody or other. Just to think about it before they assume. And my partner would not be amused by me saying this but she's older than me, so we've got nearly 19 years of an age gap; I think a lot of people do assume she's my mother, actually."

Carer

Everyone is entitled to good quality healthcare regardless of sexual orientation. You and/or the person you care for have the right to be open with your GP and healthcare professionals about your sexual orientation if you choose to.

Many LGBTQ+ people who speak to their GPs and healthcare professionals have a good experience.

However if you do not, you can raise a concern using an official healthcare complaints process. (For example, you feel you have been bullied, harassed or discriminated against on the grounds of sexual orientation, gender expression or identity, or any reason.)



The process will differ according to where you live in the UK - see our online guidance for more information: carersuk.org/making-complaints

Hospital stays

If the person you care for needs treatment in the hospital, you may feel concerned about whether you as a carer need to speak to services or be considered as their next of kin, particularly if you are in a relationship with the person you care for.

People often think that next of kin is only a blood relative or spouse. However, you can be nominated as someone's next of kin. Someone you care for can nominate you as their next of kin, even if you are not in a partnership – for example, if you are friends. LGBT Foundation highlights the importance of nominating next of kin for LGBTQ+ people, as they are more likely to be estranged from biological family and have families of choice comprising friends, neighbours and other people in LGBTQ+ communities.

Read more at: lgbt.foundation/prideinageing/next-of-kin

It is also important that as a partner or spouse, you have the same legal rights in a medical setting as someone who is cisgender (whose gender identity

“I was informed, when looking for mental health resources, that my depression and stress were wholly the fault of my gender identity and expression, rather than due to the strange working hours I keep and the stress of buying my first home.”

Carer

corresponds with the gender registered to them at birth). If you have concerns over revealing your identity while still having access to your rights, talk to a nurse, doctor or healthcare professional confidentially and a support plan should be put in place.

Coming out of hospital

If the person you care for has been in hospital and is going to be discharged, you have a right to be involved in the planning for their care – and to make decisions about the level of care you are able or willing to provide. You may find you are taking on a caring role for the first time, or that the needs of the person you care for have increased or changed. It's important to be aware that you have the right to decline doing more care than you want to or feel able to and that in that instance, social services have a legal duty to provide the care needed.

Planning for discharge (leaving hospital) is a process that should take place as soon as the person you care for enters hospital, so it is important that you let staff know if you are a carer or considering taking on this role.

If you are responsible for their care, you should be involved in these decisions relating to discharge (as appropriate), according to government guidance.



You can also read detailed information and advice about coming out of hospital on our website: carersuk.org/coming-out-of-hospital



Managing someone's affairs

As a carer, you may want to help manage the affairs of the person you are looking after, as well as plan for doing this in the future.

There are different ways of managing someone's affairs. Which option is appropriate depends on whether the person you are looking after can currently make their own decisions (which is called having mental capacity) or whether they are unable to make their own decisions (which is called lacking mental capacity).

One of the most common ways of managing someone's affairs is through a power of attorney.

If the person you are looking after can currently make their own decisions but wants to make arrangements in case they are unable to make their own decisions in the future, then they could make a lasting power of attorney.

This means that they appoint a specific person (for example you) to have the authority to make certain decisions on their behalf. This could be useful if you are worried that your views wouldn't be taken into account if the person you are looking after lost mental capacity, as it makes it clear that they wanted you to have this authority.

There are several different types and the names and processes differ slightly depending on where you live in the UK. For example, you can provide someone with limited control to make decisions or full control and you can allow them to make decisions on your behalf for just health-related matters or financial matters or both.



You can find out more about managing someone's affairs by viewing our online resources at carersuk.org/managing-someones-affairs



Making a complaint

If something goes wrong with services that have been provided, you may want to find a way to put things right.

Some people find making a complaint difficult – you may be feeling frustrated and angry, or the thought of complaining may be frightening or may make you feel like you are moaning.

However, local public bodies must provide services within a framework of laws and guidance, and both you and the person(s) you care for have a right to receive services that keep you safe and that support you.

There can be many reasons for wanting to make a complaint, but some include:

- delays or cancellations to services
- poor quality or price of services
- poor behaviour from health or social care staff
- changes or reductions to the care given to the person(s) you look after.

This mechanism can also be used to highlight any discrimination you or the person you care for has experienced due to being part of the LGBTQ+ community.

Making a complaint can be a way to remedy a wrong, get an apology, find out what went wrong, and/or make sure it doesn't happen again to you or anyone else.



You can find out more about making a complaint in our *Being Heard* guide: carersuk.org/self-advocacy



Balancing employment and caring

If you are juggling work with caring for family or friends, you are not alone – there are 2.5 million working carers in the UK.¹

Carers UK polling found that 1 in 7 workers in the UK are caring.²

There are legal (or statutory) rights that most employees have in work that can be helpful for carers, such as:

- the right to request flexible working
- the right to time off in emergencies
- and the right to five days of unpaid carer's leave per year.

Many of the support channels carers have are informal. You may get support from friends and family, charities or community groups. However, you also have legal rights and there may be additional contractual rights or support available in your workplace.

It's worth exploring if your employer does offer any such support. It's your choice whether to tell your employer about your caring role.

If you are struggling to manage work and care and are thinking of leaving work, it is important to consider the full implications it could have on your income, quality of life and future pension entitlements.

If you are not currently in employment, you may decide you want to enter or return to paid work, for example if your caring role changes or ends. The thought of working for the first time, or getting back into work, may feel like a big step, but there is support available.



To read more about your rights, and get support and advice as a working carer visit: carersuk.org/help-and-advice/work-and-career

¹ Census 2021 in England, Wales and Northern Ireland and Census 2011 in Scotland

² Juggling work and unpaid care, Carers UK (2019)

Talking about caring

You should always feel safe and supported to talk about your caring role when liaising with professionals in all settings.

If you have ever experienced discrimination or persecution because of your sexual orientation, revealing the delicacies of a caring role can be stress inducing.

Ultimately, it is best to share this information and get the support you need. Understanding your legal rights as a carer and as someone with a protected characteristic will help you be as confident in the process as possible.



Your rights

You have the right not to be identified by your sexual orientation and have equal rights as a carer to anyone else.

This means that sometimes the discussion can be as simple as referring to your legal or preferred status with the person you care for and then refusing to engage otherwise. The onus is on the professional to make suitable adjustments.

When the situation is more complex, you have the right to engage separately with the professional body.

For instance, if you are caring for a family member and other family members are uncomfortable with your sexual orientation, you can highlight this to staff who can look to make reasonable adjustments like offering different visiting hours.

You could also request different professionals to speak to if you are unhappy with the conversation and think you are receiving worse treatment due to being LGBTQ+. This extends to the workplace where you do not have to speak to your direct line manager if you have concerns that they may discriminate against your chances with work or promotion opportunities.

Talking about your caring role is tough on anyone, and may be especially challenging if you are an LGBTQ+ carer. However, some planning, and the bravery to make that first step is often necessary to getting more support.



Supporting your health and wellbeing

As mentioned in the opening section of the guide, LGBTQ+ carers often experience challenges relating to their financial, emotional and physical wellbeing.

You may suffer greater levels of loneliness for example or challenges with your mental health. The person you care for may also be more likely to face difficulties with their mental health if they identify as LGBTQ+.

Help with finances

Our research report shows that lesbian, gay and bisexual people are more likely to be disadvantaged financially.

These challenges and the pressures of the cost of living crisis, mean that you may be worrying about your finances. It is important to know that there is help and support available to you as a carer if you are on a low income.

Having a benefits check is a good way to see if there is any financial support you may be entitled to.

You can contact our advisers to arrange one at: advice@carersuk.org. It is also a good idea to seek advice if your circumstances have changed recently as there may be support available that you hadn't considered before.

If you're caring on a low income, you may also be able to get some help with day-to-day living costs in the home, for example with heating or with Council Tax. Your local authority or local Health and Social Care Trust (in Northern Ireland) can advise you about any financial support schemes or grants available for carers in your area. We also have some guidance available to help direct you to the right sources of aid to get back on track if you're struggling with debt issues.

We have lots of suggestions to help on our website. To explore the various options available, visit carersuk.org/financial-support



Mental health and caring

In our State of Caring 2021 survey, we found that bisexual carers are more likely to be looking after someone with a mental health condition.

Caring for someone with a mental health condition is likely to involve different experiences and challenges compared to caring for someone with a physical health condition.

How you might care for someone with a mental illness

If you're caring for a person with a mental illness, you might help them to:

- book, prepare for and attend appointments
- organise and take their medication
- do practical tasks that they might be physically able to do but find emotionally challenging, eg making phone calls or meal planning
- communicate their wishes, as in some cases people won't be able to do this for themselves and might need their carer to do it for them
- recognise and accept their condition. This can help to encourage someone to take their medication, go to appointments and take care of their physical and mental health
- share information about their health. Carers might help to share information with health professionals if for some reason the person they care for can't do so.

When this support is needed will depend on the individual, and might be:

- **all the time** – some people will need help to do daily tasks or to leave the house
- **at a particular time** – some people will need support when they are going through a particular time in their life. For example, coming out of hospital or when they are very ill
- **on particular occasions** – some people will only need support when specific things are happening. For example, if they are going to a monthly appointment.



Your health and wellbeing

As a carer, sometimes it's hard to prioritise your health and wellbeing. You might find you feel isolated or lonely. Finding time to eat well and exercise can be tough but there are small changes you can make to help support your overall health and nutrition.

We have developed a range of resources for you to access – from support with your nutrition to how to get better sleep, as well as our Carers Active Hub. This features videos of online exercise sessions you can do at home: carersuk.org/help-and-advice/your-health-and-wellbeing

We also have some three minute illustrated video guides with tips and suggestions to support your wellbeing from reducing stress to taking on a caring role: carersuk.org/help-and-advice/guides-and-tools/#videos



You can read more about caring for someone with a mental health condition in this resource produced by the Royal College of Psychiatrists with support from Carers UK: carersuk.org/caring-for-someone-with-a-mental-health-condition

"I'm too exhausted to exercise – some days even going out for a walk feels like too much. I tend to just go to work and then come home. I feel completely physically and emotionally drained and lack confidence in my ability to get out and take part in group activities. Because I haven't used my social skills 'properly' in so long, I'm scared they've disappeared."

Lesbian carer



Tackling loneliness

Bisexual, gay and lesbian carers are more likely to suffer from loneliness according to our recent research.³

Up to 59% of LGB+ carers said they feel lonely compared with 50% of heterosexual carers. 43% of LGB+ carers said they needed support to prevent/reduce their loneliness/social isolation compared with 35% of heterosexual carers.

You may find that the time that caring takes up can further isolate you and the person you care for. Feeling lonely and isolated can have a huge effect on your health and wellbeing so it's important to get support. Asking for help may

feel difficult, but can really help to connect you with others who understand.

“At the time we didn’t discuss the situation, we just got on with it, but looking back we realise it was stressful. We weren’t used to asking for or accepting help. Our friends offered but we didn’t stop to think to say yes. In hindsight it would have made things easier.”

Carer

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³ carersuk.org/briefings/the-experiences-of-lgbt-carers-updated-briefing

Talk to your doctor

Feeling lonely and isolated can be overwhelming but you are not alone in feeling this way and don't need to cope with overcoming these feelings without support. Let your doctor know how you're feeling so that they can help you access services to help such as talking therapies.

Online support sessions and meetups

There are a range of Carers UK online meetups to help you connect with other carers, share experiences and enjoy relaxing activities. We offer Share and Learn sessions across the UK, as well as regular Care for a Cuppa sessions. We also offer Me Time support sessions in Wales.

These sessions can be a great place to start to connect with other carers, and do something for yourself without needing to leave the house.

Visit our pages to find out more and sign up for a session. All sessions are free.

Online meetups: carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups

Me Time sessions: carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions

You can also find local support services here: carersuk.org/help-and-advice/support-where-you-live

LGBTQ+ groups and befriending

If you would like to meet others in the LGBTQ+ community, especially other carers, you could try contacting organisations such as Brook that can help you search for services and support groups in your area.

brook.org.uk/your-life/find-lgbt-support-near-you

There are also organisations such as Mind Out who offer LGBTQ+ befriending services.

mindout.org.uk/getsupport/telephone-befriending

Depending on your age, you could contact Reengage who offer call companion services to people who are 75+ and LGBTQ+ and would like to talk to another person who also identifies as LGBTQ+.

reengage.org.uk/join-a-group





Support from Carers UK

We are here to listen, to give you expert information and advice that's tailored to your situation, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

Every day, Carers UK hears from people who need help with looking after a friend, family member or partner. They might be new to caring and struggling with navigating the maze of services or they may need extra support to cope with the pressures of caring. Having the right information at the right time can make a huge difference for the carer and the person they care for.

Our website is the first port of call if you're looking for information about any aspect of caring. Whether you're grappling with benefits, trying to find practical help or exploring what technology is available to make caring easier, our advice pages and factsheets can offer much needed support: carersuk.org/help-and-advice

If you are new to caring and don't know where to turn first, using our free online tool, **Upfront** can help point you in the right direction. Upfront is an online tool that gives you your own personalised guide to caring. As well as covering practical and financial support, it includes information to help with managing the impact of caring on health and relationships: carersdigital.org/upfront

Our main guide to caring is called **Looking after someone**, and it contains a wealth of information and support for carers, including an overview of the support that may be available: carersuk.org/looking-after-someone-guide

Join Carers UK

However caring affects you, your partner or your family, we are here for you. By joining Carers UK, you can be part of a supportive community and a movement for change, working together for a society that respects, values and supports all carers.

carersuk.org/join

Carers UK research and sources of support

Carers UK Helpline

We're here for you with information, guidance and practical support every step of the way.

If you mention where you are based, we will aim to tailor our guidance for you.

E advice@carersuk.org **T** 0808 808 7777



Citizens Advice

A UK wide support organisation that offers advice and information about your rights, discrimination, financial matters (including benefits, debt and consumer issues) and housing.

Our research

We undertook research on the experiences of LGBT carers during and beyond the COVID-19 pandemic. Carers UK was unable to include analysis about trans carers in this particular briefing due to the sample size being too small. However, we undertook a separate research study as detailed here: carersuk.org/reports/the-experiences-of-trans-carers

If you identify as a trans carer, we would really like to fully understand your experiences. You can contact us at info@carersuk.org. We welcome your voice.

You can read about the findings of the research in our report, *The experiences of lesbian, gay and bisexual carers during and beyond the COVID-19 pandemic* at: carersuk.org/media/apae5zm5/carers-uk-lesbian-gay-and-bisexual-carers-covid-report-2022.pdf

To build on these findings, we developed a briefing to highlight good practice across the UK in supporting LGBTQ+ carers. Read the guide at: carersuk.org/briefings/supporting-lgbtq-carers-a-good-practice-briefing

You can see our most recent report here: carersuk.org/briefings/the-experiences-of-lgbt-carers-updated-briefing

Directory

There are a range of national organisations that can provide help. We've listed some of these below.

Albert Kennedy Trust

Supports LGBTQ people aged 16-25 who are homeless or living in a hostile environment.

www.akt.org.uk

Being Gay is OK

Provides advice and information for LGBTQ+ people under 25.

www.bgiok.org.uk

Families and Friends of Lesbians and Gays (FFLAG)

Offers support to parents, friends and family members of those who identify as LGBT+.

www.fflag.org.uk

Galop

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

T 0207 704 2040 (for LGBT+ hate crime helpline)

T 0800 999 5428 (for national LGBT+ domestic abuse helpline)

E help@galop.org.uk

www.galop.org.uk

The Gender Trust

Support and information centre for anyone with questions concerning gender identity, or whose loved one is struggling with gender identity issues.

www.gendertrust.org.uk

Gendered Intelligence

Charity supporting young trans people aged under 25, and information for their parents and carers.

www.genderedintelligence.co.uk

LGBT Foundation

Advice, support and information for people identifying as LGBTQ+.

T 0345 3 30 30 30

lgbt.foundation

LGBT Health and Wellbeing

They provide support services, advice and connections for LGBT+ people in Scotland.

www.lgbthealth.org.uk

London Friend

Offers a range of services around London to support LGBTQ+ health and wellbeing including support groups and counselling.

www.londonfriend.org.uk

Mermaids

Supports gender-diverse young people aged 19 and under, and their families and carers, offering a helpline and webchat.

T 0808 801 0400

www.mermaidsuk.org.uk

MindLine Trans+

Free, confidential listening service for people identifying as trans or non-binary, and their friends and families.

T 0300 330 5468

www.bristolmind.org.uk/help-and-counselling/mindline-transplus

Pink Therapy

Online directory of qualified therapists who identify as or are understanding of minority sexual and gender identities.

www.pinktherapy.com

Stonewall

A charity that campaigns for lesbian, gay, bi and trans equality.

T 0800 050 2020

www.stonewall.org.uk

Stonewall Housing

Specialist housing advice for anyone identifying as LGBTQ+ in England.

T 020 7359 5767

www.stonewallhousing.org

Switchboard

A helpline and information and support service for the LGBTQIA+ community, and anyone experiencing issues around their sexuality and gender.

T 0300 330 0630

www.switchboard.lgbt



Every day 12,000 people become carers, looking after family or friends who are older, disabled or seriously ill.

However caring affects you, we're here.

For information and tailored support,
contact the Carers UK Helpline:

E advice@carersuk.org

T 0808 808 7777

Carers UK 20 Great Dover Street, London SE1 4LX

T 020 7378 4999 | E info@carersuk.org | carersuk.org



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