

LGBTQ+ Resources and Supports



Perinatal and Infant Mental Health

NHS



LGBTQ+ Paths to Parenthood information if you are having a baby.

Rainbow Families



Events, information, and support for LGBTQ+ families.

Children and Young People

LGBT Youth Scot

Provide information for young people. Offer 1-1 support with a youth worker, including via email or live chat.



Internet Matters

A resource to support professionals to keep LGBTQ+ children and young people safe online.



Anna Freud

A resource to support the mental health of LGBTQ+ young people.

Adults

GALOP

Supports LGBT+ people who have experienced abuse and violence. Helpline **0800 999 5428**.



Domestic Abuse

Advice and support for LGBTQ+ people and professionals around their experiences of domestic abuse.



LGBT+ Travellers

Information, resources, and support for LGBTQ+ travellers.



Age UK

Information and advice for older LGBTQ+ people, including support for LGBTQ+ veterans.



LGBT Services

Health and wellbeing services for LGBTQ+ people living in Glasgow.



Substance Use

Alcohol & Drugs

Information and advice for LGBTQ+ people on alcohol and drugs.



Drinkaware

Information about alcohol support services for LGBTQ+ communities. **drinkaware**

Disability

Stonewall

Resources and support for disabled and neurodivergent LGBTQ+ people.



Glasgow Disability Alliance

Enables LGBTQ+ disabled people to create their own community space.



Sexual Health

Sandyford

The specialist sexual health service for NHSGGC. **Sandyford**



Physical Activity

LEAP Sports

Leadership, Equality, and Active Participation in Sports for LGBTQ+ people.



Race

LGBT Unity

Peer support for LGBTQ+ Refugees, Asylum Seekers and other Migrants in Glasgow.



Supporting Resources

Health & Wellbeing

Health and wellbeing support for LGBTQ+. Helpline (16+) Call **0800 464 7000**.



ENEI

The Employers Network for Equality and Inclusion. Hosts a range of resources/information.



Manual For Me

A toolkit to help plan for times when coping is hard including thinking about suicide.



Coming Out

A coming out guide for LGBTQ+ people that is free to order from Public Health Resource Directory.



Digital Self-Harm

A guide for LGBTQ+ people on digital self-harm.



Brook

Provides a range of information on sexuality, from definitions to coming out.

