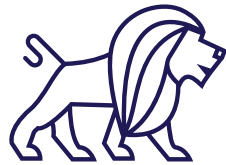


European LGBTQ+ Resources



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GERMANY

Schwulenberatung

schwulenberatungberlin.de

Offers mental health counselling to LGBTI people in. The organisation is based in Berlin.

GREECE

11528

www.11528.gr

The support telephone line 11528 provides anonymous and confidential psychological support to young LGBT people, their families and their teachers. In 2017, the project also began providing face-to-face support. Contact 11528 here. The project is supported by four organisations (Lesbian and Gay Community of Greece, Athens Pride, Thess Pride and Positive Voice).

Greek Transgendered Support Association

transgender-association.gr

Email: marinagalanou1@gmail.com

Organises psychological support groups for its members. Contact Greek Transgendered Support Association for more information.

Rainbowfamilies

www.ouraniotoksofamilies.blogspot.com

The organisation, Rainbowfamilies, provides self-help groups, but only for its members.

HUNGARY

Hatter Society

en.hatter.hu/what-we-do/information-and-counselling-hotline

Provides free counselling hotline and personal counselling services.

Hungarian Psychological Association (HPA)

mpt.hu/a-tarsasagrol/szervezet/szekciok/lmbtq-szekcio

HPA has a LGBTQ Initiative.

LGBTQ Counselling Center

lmbtkozpont.wixsite.com/lmbtkozpont

Provide counselling online, offline and phone counselling.

PIPA Foundation

pipa.info.hu/en_index.html

Provides sessions for LGBTI people in psychology, mediation, coaching, group and individual therapies, consulting, trainings and education.



IRELAND

BeLonGTo

www.belongto.org/service.aspx?maincontentid=14630

Running free counselling services for LGBT+ youth in Dublin.

Gay Switchboard Ireland

gayswitchboard.ie

An LGBT+ support service. They provide a helpline, support groups and email support.

Jigsaw

www.jigsaw.ie

The National Centre for Youth Mental Health. The centre is inclusive of LGBTI people and offers a range of services.

Transgender Equality Network (TENI)

www.teni.ie

Is providing peer support groups and family support groups.

YourMentalHealth.ie

www.yourmentalhealth.ie

The official site on mental health services from the National Office for Suicide Prevention.

NORWAY

Ungdomstelefonen

antispam1.netcomputer.be/proxy/2/TWF4QGIsZ2EtZXVyY3BILm9y-Zw%3D%3D/ungdomstelefonen.no

By Skeiv Ungdom provides a LGBT phone line for young people.

POLAND

KPH

kph.org.pl

Facilitates a list of LGBTI friendly mental health care providers.

RUSSIA

Deti-404 (Children 404)

www.deti-404.com/ru/node/545

A project for LGBTQI adolescents, which runs psychological support and peer support as well.

Russian LGBT Network

chat.lgbtnet.org/chat/chat.html

Phone: 8 800 555 73 74

Runs a psychological support chat, 24/7. The Network also provides free in person and skype consultations upon request.

**Hotline available from 15.00 to 21.00 (Moscow)*

SPAIN

FELGTB

www.felgtb.org/consultas-y-denuncias/atencion-a-jovenes-lgtb

Offers LGBT youth guidance and services.

It Gets Better Espana

www.itgetsbetter.es/busca-ayuda/

Offers a map of resources.

Lambda Valencia

lambdavalencia.org/quetoferim/assistencia-psicologica/

Provides various services to improve the emotional well-being of LGBT people.

SWEDEN

RFSL

<https://www.rfsl.se/en/>

Some of RFSL's local branches have counsellors employed by them to support LGBTQ-people through difficult times. However unfortunately RFSL doesn't have psychologists or psychiatrists employed to help people with more serious issues.

SWITZERLAND

Blues-Out

www.blues-out.ch/

The project, Blues-Out, aims to fight low mental health for gay men and lesbian women.

Checkpoints suisses

www.mycheckpoint.ch/

Provides psychological consultations and psychotherapy for the GBTI community.

THE NETHERLANDS

113 Zelfmoord Preventive

www.113.nl

A helpline (113) to prevent suicide.

De Kringen

dekringen.nl

Peer groups for LGBT people.

Gay & School

www.gayandschool.nl/thema/links

Helping young LGBT people find support.

Transgender Info Nederland

www.transgenderinfo.nl/kaart

Produces initiatives for trans people.

Roze Hulpverlening

www.rozehulpverlening.nl

List of LGBT psychosocial services.

Switchboard

switchboard.coc.nl

Counselling helpline, chat, and email.

Transgender Info Nederland

www.transgenderinfo.nl/kaart

Produces initiatives for trans people.

Transvisie

www.transvisie.nl/lotgenoten

Support group for trans people & peers.

Transvisie Zorg (PsyQ)

www.psyq.nl/genderdysforie

Provide individual/group therapy care.

UNITED KINGDOM

BE Trans Support and Development

be-north.org.uk

Operating across the North East and North West regions of England. The organisation offers confidential 121 bespoke holistic support, advice and advocacy services to all gender diverse individuals. They facilitates peer groups and social events, to promote trans community cohesion.

ClinicQ

<https://cliniq.org.uk>

An organisation that provides a holistic sexual health and well-being service for all trans people, partners and friends. The team is trans-led, and they offer a safe, confidential space for those who may not feel comfortable accessing services.

Gendered Intelligence

genderedintelligence.co.uk

Specialise in supporting young trans people under the age of 21. The organisation delivers trans youth programmes, support for parents and carers, professional development and trans awareness training for all sectors and educational workshops.

LGBT Foundation Manchester

lgbt.foundation

Provides a wide range of support and services including a national helpline, sexual health testing and support, free mental health and wellbeing services, the Village Angels volunteers, support groups, and advice for tackling LGBT hate crime and discrimination.

London Friend

londonfriend.org.uk

Supports the health and mental well-being of the LGBT community around London. They offer counselling and support around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. Also, home to Antidote - UK's only LGBT drug and alcohol service.

MindOut

<https://www.mindout.org.uk>

Provides a range of mental health support and advocacy services in Brighton.

Pink Therapy

www.pinktherapy.com

Work with gender and sexual diversity clients. The organisation comprises a team of 19 Clinical Associates who all positively identify as holding a gender or sexual minority lived experience.

Suffolk LGBT Network

www.suffolklgbtnetwork.org.uk/index.php#services

Offers free counselling to LGBTQ+ people.

Trans Unite

<https://www.transunite.co.uk>

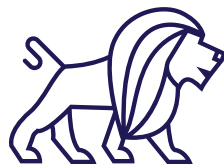
Allows members of the trans and non-binary communities to find a support group local to them (or online).





This project was compiled and curated by:

Kayden Bhangu
Vice President
Sher Vancouver LGBTQ Friends Society



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Completed: January 2021

Contact:
info@shervancouver.com

Website:
www.shervancouver.com

For Additional Resources:
emergencefilm.net

**Sher Vancouver LGBTQ Friends Society
is an incorporated non-profit society in
British Columbia.**

This project was created by Sher Vancouver as a free resource for the public for crisis support and educational purposes.

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