

LGBTQ+

SUPPORT

Trans Family Carlisle Support Group
transfamilycarlisle@outlook.com
Family support group for transgender people and their families

LGBT Switchboard
www.switchboard.lgbt/ Helpline -
10am – 10pm daily. 0300 330 0630

Talk-It-Out (OutREACH Cumbria)
www.outreachcumbria.org.uk/Talk-It-Out-Therapy.php Cumbrian based counselling for the LGBT+ community

Proud Connections / Proud Trust
www.theproudtrust.org/proud-connections
1:1 web chat – digital support service for LGBT+ young people and the adults who support them.
12pm – 6pm Tuesdays and Thursdays
Information and advice pages for young people and supporting adults

Sticky Bits Cafe
www.lgbthq.org.uk/StickyBits/
Monthly groups:
1st Monday - Trans Group in association with Trans Lakes
1st Friday - Quiz Night
2nd Friday - Men's Group
4th Friday - Women's Group

Cumbria Transgender/Non-binary Wellbeing Hub (OutREACH Cumbria) Support, Advice, Information, Safe Social Space, Training
Individuals, Couples, Families, Friends, Employers, Allies of all ages
Every Monday 12:00-7:00pm
except bank holidays
9 Brunswick Street, Carlisle(07369228836)

Galop www.galop.org.uk/
If you've experienced hate crime, sexual violence or domestic abuse, GALOP is there for you. They also support people who have had problems with the police or have questions about the criminal justice system.

Cumbria Pride
www.cumbriapride.org

Mermaids
www.mermaidsuk.org.uk

LGBT Youth in Care
www.lgbtyouthincare.com

LGBThq
www.lgbthq.org.uk

MindLine Trans+
www.bristolmind.org.uk/help-and-support/mindline-transplus/

Stonewall
www.stonewall.org.uk

Brathay – Out in Kendal (Oink)
Weekly LGBTQIA+ Youth Group
Weds 4-6pm ages 13-18
@ The Warehouse Brewery Arts Centre
Drop in. A safe space. Allies welcome.
Connect, create, chill or just say hello.

PiNC
www.prideinnorthcumbria.org/
Provides social and support services to LGBT+ people, aged between 13 and 25 years.
Dedicated youth drop in sessions are open Monday to Thursday 3pm to 6pm.
21 Victoria Place, Carlisle

Always Another Way - Colour-Coded project
www.alwaysanotherway.co.uk/services
quote Support for 11-25 year old LGBT+ and their families. A safe space to be yourself, find information and advice, build confidence, and meet others.

FFLAG - www.fflag.org.uk
Support for friends and family members
Support Line -0300 688 036
10am – 10pm
Wednesday - Saturday

