



**PRIDE IN
PRACTICE**

**SOCIAL
PRESCRIBING
DIRECTORY
LONDON**

LGBT
foundation

**WE'RE HERE IF
YOU NEED US**

lgbt.foundation
0345 3 30 30 30



LGBT Foundation

What

LGBT Foundation's **Helpline Service** has been running for 35 years and provides thousands of hours of **advice and support** to thousands of people every year on a huge range of issues. The Helpline is staffed by a team of dedicated staff and volunteer operators, all of whom receive extensive training and support.

How

Call: 0345 3 30 30 Monday to Friday between 10am and 6pm

Email: helpline@lgbt.foundation and receive a reply within 10 working days

If you aren't completely sure where the best place to go is LGBT Foundation helpline is always a good first port of call as they can offer further signposting and detailed initial support and advice

ANTIDOTE

What

Antidote is a free, LGBT run and targeted **drug and alcohol support service** delivered by highly trained staff and volunteers. Antidote see over 8000 LGBT people in London each year & offer one-to-one key working, referral to detox clinics and prescribing centres, drop-ins to discuss drug and alcohol issues, sexual health, chemsex, and steroid use issues, intensive structured weekend programmes (SWAP), an advice helpline, referrals to in-house counselling, and more.

How

Call: 020 7833 1674 (10am-6pm, Monday to Friday) and ask for one of the Antidote Team.

Drop-in: Clinics at 6 different locations in London across the week, see link below for details.

londonfriend.org.uk/get-support/drugsandalcohol/antidote-accessing-our-services

CLINIQ

What

CliniQ are a **holistic sexual health and well-being service** for all trans people, partners and friends. CliniQ are a trans-led team who offer a safe, confidential space for those who may not feel comfortable accessing mainstream services. They also perform cervical screening.

How

Visit: By appointment or drop in at King's College Hospital every Tuesday 4 - 7pm at the Caldecot Clinic

Online: cliniq.org.uk

56 DEAN STREET

What

Dean Street is a large sexual health clinic in central Soho with a focus on serving the LGBT community. Alongside drop in hours and appointments, Dean Street have a trans specific clinic '56T' offering sexual health and screening services. The clinic also offer support for people wishing to purchase PrEP.

How

Visit during drop in hours or book appointments online for 56 Dean Street, every day. See www.Dean.st for details of specific clinics.

GI (Gendered Intelligence)

What

GI work with the trans community and those who impact on trans lives; they particularly specialise in **supporting young trans people under the age of 21**. GI deliver trans youth programmes, resources, **support for parents and carers**, and educational workshops for schools, colleges, universities and other educational settings. GI also have a **youth group specifically for black and minority ethnic young people** who are trans or questioning their gender.

How

GI have youth groups across the city, see their website for more information: genderedintelligence.co.uk

London Friend

What

London Friend **supports the health and mental well-being of the LGBT** community in and 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. They're also home to Antidote drug and alcohol service, and a range of social and support groups.

How

To find out more about the service you're interested in, visit: londonfriend.org.uk/get-support



MERMAIDS

What

Mermaids also focus on **supporting and informing gender diverse children and young people**, and their families, Mermaids have a particular focus on younger children who may be questioning their gender or who identify as trans.

How

Mermaids have online forums, a helpline, and host meet ups across the UK. Find out more at mermaidsuk.org.uk

METRO

What

A service that works in a number of areas across London, and offers **a variety of LGBT-specific services including sexual health, mental health, and youth groups**.

How

Different services operate in different parts of London, you can see what's available in your borough by visiting the Metro Website: metrocharity.org.uk

MOSAIC

What

Mosaic **LGBT Youth Centre** supports, educates and inspires young lesbian, gay, bisexual and trans community of London **age thirteen to nineteen** through a variety of youth clubs, outings, retreats and events.

How

The youth club takes place every Wednesday from 6.30PM – 9.00PM in Euston. [Contact Mosaic](#) to get details of the venue.



Opening Doors

What

Opening Doors London is here to **support LGBT people over 50** to live full, vibrant and respected lives free from isolation, loneliness, discrimination and prejudice.

How

Opening Doors offer 40+ **groups and one-off activities each month**. From singing to creative writing to walks, we aim to provide a range of opportunities that allow LGBT+ people over 50 from across London to meet each other, have fun, and feel confident to be themselves.

Call: 020 7239 0400

Visit: www.openingdoorslondon.org.uk

Stonewall Housing

What

Housing advice and support for LGBT people, including those at risk of or experiencing homelessness, family breakdown, harassment, domestic abuse, eviction. Stonewall also provide supported accommodation for young people in some London boroughs and are a partner in The Outside Project - the UK's first **LGBT crisis/homeless shelter and community centre**.

How

Call: advice line on 020 7359 5767 for confidential advice (weekdays 10.00 -1.00 pm)

Online: complete a self-referral or see LGBT and trans specific drop-in times at the link below

Drop In: several drop-ins across London, including trans specific drop-ins at CliniQ

stonewallhousing.org/services/advice

Naz

What

Naz is a **sexual health** service directed specifically at **people of colour (or BAME people)**. They offer outreach and testing services, and provide support for LGBT people from a range of communities, working with **immigration and asylum** issues, and people living or newly diagnosed with **HIV**.

How

Call: 02087411879 | Email: naz@naz.org.uk | Website: naz.org.uk



Achieving
Equality



Encouraging
Wellbeing



Promoting
Safety

LGBT Foundation
5 Richmond Street,
Manchester, M1 3HF

Your Local LGBT Forum

What

Many London boroughs have an LGBT Forum that will have specific information about what's happening locally and what the community are experiencing.

How

You can search for your local forum or contact the London LGBT Forums Network at LondonLGBTnetwork@gmail.com.

FindOut.org

What

An interactive map of LGBT services in the city.

How

Search online at FindOut.Outlife.org.uk