



JUSTTALK

TRANSGENDER SUPPORT IN HERTFORDSHIRE

Information on local and national
services for LGBTQ+ young people

NATIONAL SUPPORT

Mermaids:

Provides help for the transgender community, including an online forum:

www.mermaidsuk.org.uk

Joining Mermaids, you will receive information on group meet-ups - whether they are face-to-face, virtual or residential. If you are a young person and want to apply, visit:

www.mermaidsuk.org.uk/young-people/mermaids-youth-community-application

To apply as a parent, visit:

www.mermaidsuk.org.uk/parents/mermaids-parents-community-application

The Proud Trust:

The Home of LGBT+ Youth. Find your nearest support group here:

www.theproudtrust.org

Stonewall:

National charity for LGBT+ rights:

www.stonewall.org.uk

Albert Kennedy Trust:

Charity for LGBT+ people who are homeless:

www.akt.org.uk

NATIONAL SUPPORT

Gendered Intelligence:

A registered charity which aims to increase understanding of gender diversity and improve trans people's quality of life:

www.genderedintelligence.co.uk

Online youth groups are available to young people across the country. **Note:** If/when groups return in-person, they mostly operate in London and Leeds. Training and education work is available country-wide.

The Beaumont Society:

The largest and longest established transgender support group in the UK - a support network which has been at the forefront of the transgender, transvestite, transsexual and cross-dressing community since 1966:

www.beaumontsociety.org.uk

Switchboard LGBT+:

A charity that has been listening to, supporting and connecting LGBT+ communities since 1975. Originally a helpline, Switchboard have grown to deliver lots of additional services by and for LGBT+ people in Sussex.

Helpline: 0300 330 0630

www.switchboard.org.uk

NATIONAL SUPPORT

Galop:

Support for LGBT+ people who have experienced abuse and violence:

www.galop.org.uk

Brook:

Promotes healthy lives for young people

www.brook.org.uk/topics/gender/

Student Space:

Support for trans university students:

www.studentspace.org.uk/support-services/support-for-trans-students

FACEBOOK GROUPS

Acceptance UK

www.facebook.com/groups/1881413998840313

Parents of transgender children UK

www.facebook.com/groups/850654188331639/

LOCAL SUPPORT

Herts Services for Young People/Young Pride in Herts:

Services for Young People supports young LGBT+ people through projects across the county and through the “Who not What” group, which represents the voice of the young LGBT+ community of Hertfordshire at a county-wide level.

www.servicesforyoungpeople.org/support-for-young-people/support-for-young-lgbtplus-people/support-for-young-lgbtplus-people/

www.youngprideinherts.org/

Herts Mind Network:

Weekly online Zoom meetings - a sanctuary for the LGBTQ+ community, providing a safe space, free from discrimination, where you can share experiences, learn new skills and improve your quality of life.

www.hertsmindnetwork.org/online-lgbtq-group

Hertfordshire LGBTQ Health and Wellbeing CIC

Organisers of Herts Pride - an annual family-friendly LGBTQ+ Pride event:

www.hertspride.org

NESSie in Ed

Offering a range of counselling and Arts therapy for children and young people aged 0-25. Contact on 01763 255427, 07949 368941 or via the website: <https://nessieined.com>

LOCAL SUPPORT

TranzWiki:

www.gires.org.uk/tranzwiki/

TSG Herts - Transgender and Non-binary Support Group:

Group monthly meetings, swim sessions and more:

Contact details: 07725 780787 info@tsgherts.uk

www.hertfordshire.gov.uk/microsites/tsg/transgender-and-non-binary-support-group.aspx

LOCAL FACEBOOK GROUPS

TSG Herts (Transgender & Non-Binary Support Group):

www.facebook.com/tsgherts.uk

TSG - Significant others, friends and allies Herts:

www.facebook.com/groups/1627599610691953/

RESOURCES

When Children with ADHD Explore Gender Identity: A Guide for Parents (ADDitude):

www.additudemag.com/gender-identity-adhd-supporting-children

Young Minds:

Mental health and being LGBTQ+

www.youngminds.org.uk/blog/mental-health-and-being-lgbtqplus

Supporting Your Child with Gender Identity Issues

www.youngminds.org.uk/parent/a-z-guide/gender-identity

Referral process to Gender Identity Development Service (GIDS)

As the GIDS doesn't accept self-referral, if a need for a transgender referral to them comes to light at a GP appointment, the GP should make a referral to GIDS. If a young person is receiving CAMHS services and the need for referral to GIDS is determined by them, the CAMHS service should make a referral to GIDS and inform the young person's GP.

www.gids.nhs.uk/referrals

