

Support for LGBT+ people during coronavirus

Easy read guide





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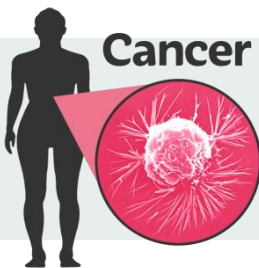
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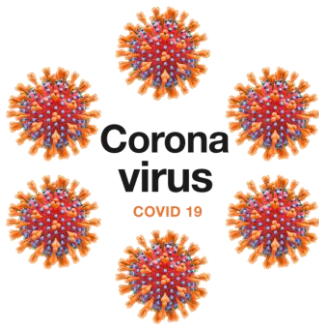
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We have made difficult words **bold**. Bold words are explained at the end of the guide.



Coronavirus means that life is different for everyone at the moment.



The changes that have happened might be more difficult if you are an LGBT+ person.



This means it is even more important for you to get the right support.



There is lots of information, advice and support out there to help you get through this time.



This summary is to help you if you are an LGBT+ person and make sure you know where to get the support you need.

The links to the information are in this document.



If you have any questions or need advice you can contact the LGBT+ health team on england.lgbtadvisor@nhs.net.

Accessing NHS services



The way that NHS services work is different at the moment.



A lot of appointments will not be face-to-face and could be done in a different way, however some appointments may be cancelled.



Most NHS services are still open if you need them. There is information on the NHS England website about accessing services -

[Plain English information on accessing services](#)



[Easy read information about accessing services](#)



Support with looking after your mental health

Your mental health is how you are thinking and feeling. Coronavirus might be making your mental health worse.

[Plain English guidance on health and wellbeing](#)



[Easy read guidance is about looking after your feelings and body.](#)



If you are an LGBT+ person and you are worried about your mental health, there are people and organisations you can talk to.



MindOut

[MindOut](#) is an LGBT+ advocacy and online support charity for people with mental health issues.



Phone number: 01 273 234839

email: info@mindout.org.uk



LGBT Foundation

[LGBT Foundation](#) have an advice and support helpline. You can call them between 10 and 6pm.



Phone number: 03453 303030

email: Helpline@lgbt.foundation



Samaritans

[Samaritans](#) is a confidential free service that can help if you feel your mental health is very low.

Phone number: 116 123

Shout

[Shout](#) are a service you can text if you feel like your mental health is very low. To text with a trained volunteer who will help you -

Text SHOUT to 85258.

Help if you don't feel safe at home

You might be living with someone who doesn't respect you as an LGBT+ person. They might be hurting you or making you feel scared.





This is called domestic abuse.

This [easy read guide has more information domestic abuse.](#)



Police

If you are in an emergency call the Police.



- Call 999,



- Press 55 after the 999 call has been answered and stay on the call for a minute if you are in a dangerous situation and you can't speak.



This will let the Police know that you are in danger. They will know where you are and come out to you.



- You can also text 999 using **emergency text message**.

You need to be registered to be able to use 999 over text.

To do this you will need to –

To: 999

Register

From: 999

After reading ALL this message, SEND THE WORD 'YES' TO 999 TO COMPLETE...

To: 999

YES

From: 999

Your telephone number is registered with the emergencySMS Service. Please don't...

1. Send the word "register" to 999
2. You will receive a message about the service
3. When you have read the message, reply with 'yes' (in a text message to 999)
4. You will receive another message confirming that you have registered.



Galop

Galop, which is a national LGBT+ anti-violence charity, has a domestic abuse helpline.



Phone number: 0800 999 5428.

Email for LGBT help:

help@galop.org.uk

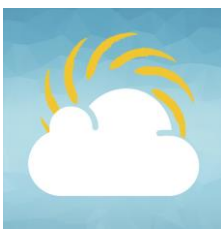


Galop have a [trans helpline](#) as well.



Phone number: 0207 704 2040

Email: referrals@galop.org.uk



Bright Sky

Bright Sky is an app that has information and support about domestic abuse.

Link to download the app:

<https://apps.apple.com/gb/app/bright-sky/id1105880511>





Help if you are homeless or are worried about becoming homeless



There is lots of advice and support available if you're homeless or might become homeless.



Shelter

Shelter has advice for if you are worried about losing your home, or if you are finding paying your rent or mortgage difficult.



They are also there for you if you are homeless or going through domestic abuse.

This is a website for everybody.



Website:

[england.shelter.org.uk/housing_advice/coronavirus](https://www.england.shelter.org.uk/housing_advice/coronavirus)



The Outside Project

The Outside Project are a group of LGBT+ people with experience of Homelessness. It is crisis shelter and community centre.



Here is a link to their [Facebook group](#).

Phone number: 0207 359 5767



Stonewall Housing

Stonewall Housing is a charity that provides safe spaces for LGBT people to live.

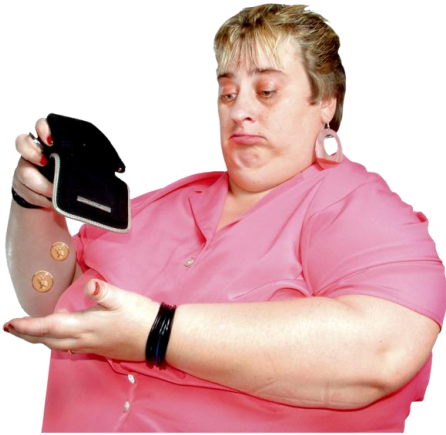
Phone number: 020 7359 5767



Here is the [link for self-referral](#).

This is a form you fill out that will let our team know that you want to contact us.

Help with money



Coronavirus might mean you have lost your job, you can't work, or you are earning less money. There are places that can help you.



Citizens Advice

[Citizens Advice](#) has advice to help you if your work has been affected by coronavirus.



Phone number: 03444 111 444



Universal Credit

If you have lost your job or you can't work, you might be able to apply for [Universal Credit](#).



Phone number: 0800 328 5644

Text phone: 0800 328 1344



Food banks

You might not have enough money to buy food for you or your family.



You might have a foodbank near you that can help (foodbanks support people who can't afford essentials like food).



Trussell Trust

The [Trussell Trust](#) has information on how to find a foodbank.



Phone number: 01722 580 180

Email: enquiries@trusselltrust.org

Queercare

The [Queercare food networking support page](#) has an online form to help you get support if you are a vulnerable LGBT+ person and can't go out.





Support with money for sex workers

[SWARM](#) is an organisation that is run by and supports sex workers. They have set up a fund for if you are a sex worker and struggling for money during coronavirus.

Email:

contact@swarmcollective.org

Twitter: [@sexworkhive](https://twitter.com/sexworkhive)



Other organisations that can help LGBT+ people

Stonewall

Stonewall has compiled a useful list of organisations that can support LGBT people at this time.



Phone number: 0800 0502020

Email: info@stonewall.org.uk





LGBT Foundation

The LGBT Foundation are open as usual, and happy to talk to anyone worried about the impacts of coronavirus.



Phone number: 0345 3 30 30 30

Email: info@lgbt.foundation



Switchboard LGBT

Switchboard LGBT is a national charity that listens to LGBT+ people, providing a lifeline and calm words to those who need them.



Phone number: 0300 330 0630

Email: chris@switchboard.lgbt



Support for LGBT+ young people



The Proud Trust

The Proud Trust is an LGBT+ charity for young people.



Phone number: 0161 660 3347

Email: info@theproudstust.org



Gendered Intelligence

Gendered Intelligence is a trans youth work charity that provides support groups and activities for young LGBT+ people (8-25 year olds).



Phone number: 0330 3559 678

Email:

youthwork@genderedintelligence.co.uk

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Childline

Childline is a charity that supports children and young people under 18. You can call or email them for free.

Phone number: 0800 1111

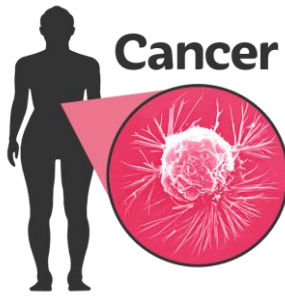
Link to send email:

www.childline.org.uk/login/?returnPath=%2flocker%2fnew-email%2f

Support for support older LGBT+ people

Opening Doors

Opening Doors is a charity for older LGBT+ people who have a free telefrinding (telephone befriending) service that anyone aged over 50 can access.



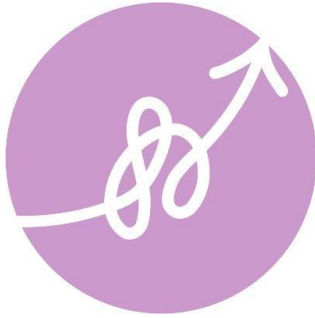
Cancer

Support for LGBT+ people living with cancer

Live Through This

[Live Through This](#) supports LGBTQ+ people living with cancer and offer advocacy and support. You can find them on Twitter to find out about their online support group.

Twitter: @LTTcancer



Sexual health support

Terrence Higgins Trust

[Terrence Higgins Trust](#) has provided advice on sex and sexual health during the lockdown.



It includes frequently asked questions for people taking **PrEP**.

Prepster



YOUNG MiNDS



Prepster

[PrEPster](#) also has information and advice about PrEP and coronavirus for people living with HIV.

Support for families with children

There is [guidance for children receiving free school meals](#).

Young Minds

[Young Minds](#) has advice about talking to your child about Coronavirus.

Phone: 0808 802 5544

Email from website:

[youngminds.org.uk/find-help/for-parents/parents-helpline/](https://www.youngminds.org.uk/find-help/for-parents/parents-helpline/)



maternity action

Ten years of fighting for better maternity rights



Maternity Action

You can contact Maternity Action about rights and benefits during pregnancy and maternity.

Phone number: 020 7253 2288

Email: info@maternityaction.org.uk



Support for refugees and asylum seekers



**Micro
Rainbow**

Micro Rainbow

[Micro Rainbow](https://www.microrainbow.org) is a charity that provides safe housing for LGBTI asylum seekers and refugees.



Phone: 020 3559 6490

Email: info@microrainbow.org

UK Lesbian & Gay
Immigration Group



UK Lesbian and Gay Immigration Group

[The UK Lesbian and Gay
Immigration Group](#) supports
people seeking asylum.

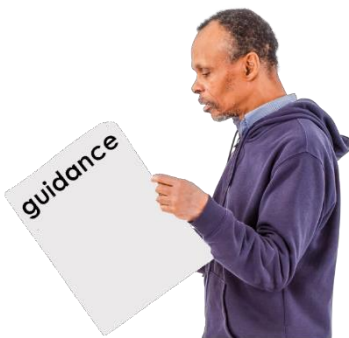
Phone: 020 7922 7811

Email: admin@uklgig.org.uk



Coronavirus help for LGBT+ people who speak another language

If you are looking for information
about COVID in languages other
than English, you can get help
from [Doctors of the World](#).



They translate NHS guidance into
51 languages.

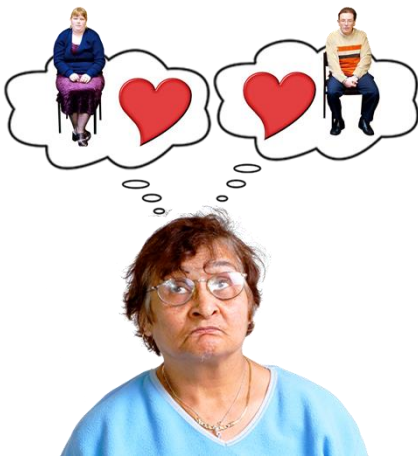
They update it regularly.

Glossary



Binding

Tight wrapping of the chest with special clothes to reduce the size or appearance of breasts.



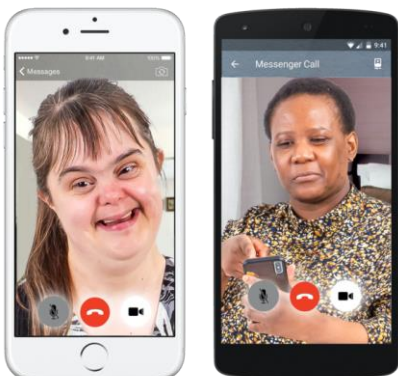
Bisexual (or bi)

A word used to talk about people who fall in love with, or want to have sex with, people of two or more genders.



Cisgender (or cis)

Someone whose gender is the same as the sex they were assigned at birth. Non-trans is also used by some people.



Discord chat

This is a programme and app where groups of people can chat or video each other.

Gay

When a man (or someone whose gender is partly male) falls in love with, or wants to have sex with, men (or people whose gender is partly male) only.



Gay can also be a general word for when either a man or woman falls in love with someone of the same gender.



Gender (or gender identity)

This is your deep feeling about your own gender, whether you feel male, female, non-binary or something else.



Gender identity clinics (GICs)

This is a health service that trans and nonbinary people can use. You can speak to someone professional, talk about any prescriptions you might need and speak about any treatment that you can have. You might need to wait a long time before you can speak to someone.



Heterosexual (or 'straight')

This is where a person is in love or sexually interested in people of the opposite sex.



Intersex

Someone who was born with body parts that people usually think of as male and female, or body parts that don't match people's usual ideas of male or female.

Lesbian



A woman (or someone whose gender is partly female) who only falls in love with or wants to have sex with other women (or other people whose gender is partly female).

LGBT+



This is the short way of saying lesbian, gay, bisexual, trans and other genders and sexualities that are not heterosexual or cisgender.



Non-binary

This is when you do not feel that you are simply male or female.



Podcast

This is a recorded video that is available online for people to watch and listen to.



Sex

This word has two meanings.

It can mean what the doctor will say you are at birth – male, female or intersex.



It can also be short for **sexual intercourse**.



Trans

When your gender is not the same as what you were labelled as when you were born.