

## Mindline Trans+

A mental health helpline dedicated to those who identify as trans, agender, gender fluid, non-binary and more. Staffed by both trans volunteers and trans allies, they also offer support for friends and family who may want to learn how to better support their loved ones. Available on 0300 330 5468.

## Galop

The team at Galop has decades of experience supporting LGBTQ+ people who have been victims of domestic abuse, sexual violence, hate crimes and other forms of abuse. Access their helplines or join their online forums to share your story. You can contact them on 0800 999 5428 or [help@galop.org.uk](mailto:help@galop.org.uk).

## Services that are here for you

*Discover a selection of resources, designed to provide you with the support you deserve.*

# LGBTQ+ RESOURCES

And signposting



## Park View Surgery

Dr JC Hann Dr BM Finlay  
23-24 Ribblesdale Place, Preston, PR1 3NA  
Tel: 01772 972227  
[www.parkviewpreston.co.uk](http://www.parkviewpreston.co.uk)

## URpotential

Based throughout Blackpool as well as Fylde and Wyre, find a ton of support groups for not only those who identify as LGBTQ+, but also family members who want to show support or maybe learn a little more. They also offer 1-1 support, with more information on their website. Contact them at [lgbt@urpotential.co.uk](mailto:lgbt@urpotential.co.uk)



Switchboard LGBT+ Helpline

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Online web chat available

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0800 0119 100

...

[hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

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<https://switchboard.lgbt/how-we-can-help/>



## Lancashire LGBT

A registered charity working across Lancashire for LGBTQ+ people, who work towards everyone feeling safe, as well as a sense of pride and belonging. They offer a huge range of services both for individuals and professionals, some of which have been highlighted just to the side! More information can be found on their website, with something for everyone.

## What do they offer?

Here are just a few of the services available from Lancashire LGBT!

- I-to-I support
- Peer support groups
- Counselling
- Mental health videos
- Signposting to other services

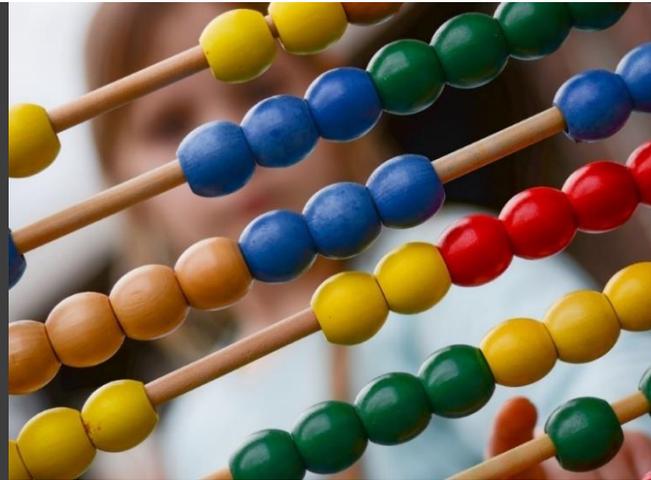
## Population screening Official Gov guidance

See the official gov.uk website for guidance on what screening processes are available for transgender and non-binary people, as well as how you can access these services. Alternatively, contact us here at Park View for support.



## The Proud Trust

The Proud Trust is the home of the LGBTQ+ youth. Based in Manchester, they operate throughout the Northwest providing our young people with access to youth groups and a safe space to explore their identity by talking with trained youth workers. They also offer support for the families of LGBTQ+ people via live chat on their website!



*“We will work across programmes at NHS England and NHS Improvement and with external partners to reduce LGBT health inequalities and improve access and experience.”*

NHS England's LGBTQ+ action plan priority



## Trans Unite

A UK directory of support groups campaigning for and assisting trans individuals. Get involved by finding groups near you, or even advertise your own support group so that people can join you too!

