

Support leaflet



Local, national and online support for
transgender and non-binary people



Local support and networking

<p>Barnados The Base Thebaseproject@barnados.org.uk genderspace@barnados.org.uk Holistic youth service 16-24 years and parents/carers Whitley Bay The BASE - 128 Targeted Youth Support Services Barnardo's (barnados.org.uk)</p>	<p>Age UK North Tyneside enquiries@ageuknorthtyneside.org.uk 0191 280 8484 Transgender group to make new friends, find out more about services for older LGBTQ+ people North Tyneside Age UK North Tyneside LGBTQ+ Groups</p>
<p>Hart Gables info@hartgables.org.uk 01642 675 509 LGBTQ+ support Teesside www.hartgables.org.uk</p>	<p>Lancashire Trans Support hello@lanclsgbt.org.uk 07788 295 521 Workshops, residential weekends Trans Support : Lancashire LGBT (lanclsgbt.org.uk)</p>
<p>LGBT Northeast – Humankind lgbt@humankindcharity.org.uk 01325 731 160 1:1 sessions, group support, peer support https://humankindcharity.org.uk/service/lgbt- north-east/</p>	<p>MESMAC Newcastle all@mesmacnewcastle.com 0191 233 1333 LGBTQ+ support Newcastle https://mesmacnewcastle.com/</p>
<p>Outreach Cumbria info@outreachcumbria.co.uk 0800 345 7440 Community projects and support http://www.outreachcumbria.org.uk/</p>	<p>Trinity Youth debswalker@trinityyouth.org.uk 07415 104 559 Transgender Youth Support service https://www.trinityyouth.org.uk/</p>

What is a Recovery College?

Recovery Colleges provide free educational workshops and courses. They are open to everyone, and they are designed to support people experiencing mental health challenges to invest in their own wellbeing and recovery.

All the courses cover a variety of topics and follow a personal recovery approach which encourages:

- Self-knowledge and acceptance
- An understanding of the principles of recovery
- Learning and applying new skills and strategies
- Leading a meaningful life with or without symptoms

The aim is to empower people to take control of their own lives and become experts in their own recovery - people choose their own courses to attend.

It is a safe space to learn among other people who have experienced mental health challenges.

Recovery colleges are not a replacement for clinical support, they work alongside it.

Local Recovery Colleges

Recovery College Collective – Newcastle upon Tyne

www.recoverycoco.com

info@recoverycoco.com

0191 261 0948

Sunderland Recovery College – Fulwell

www.sunderlandrecoverycollege.com

sunderlandrecovery@gmail.com

0191 561 2276

Impact on Teesside – Online

www.impactonteesside.com

enquiries@impactonteesside.com

01642 573 924

Kind Mind South Tyneside

www.kindmindcommunity.org

kindmindcommunity@mentalhealthconcern.org

0191 217 2935

“Supporting people with their mental health and wellbeing”

North Cumbria Recovery College

www.ncrecoverycollege.org

hello@ncrecoverycollege.org

0808 196 1773

Allerdale, Copeland, Carlisle, Eden

NT Life Recovery College – North Tyneside

www.voda.org.uk/ntlif

admin@voda.org.uk

0191 643 2626

“Helping people learn new positive ways to deal with the stresses of life, understand themselves better and find purpose.”

Housing, health, asylum and wellbeing

<p>NAPAC National Association for People Abused in Childhood https://napac.org.uk/</p>	<p>Newcastle Frontrunners LGBTQI+ Inclusive running club www.newcastlefrontrunners.co.uk</p>
<p>Northern Lights Community Church LGBT founded Christian Church Newcastle Upon Tyne http://www.northernlightsmcc.org.uk/</p>	<p>Northern Proud Voices North East's largest LGBT+ choir www.northernproudvoices.co.uk</p>
<p>AKT Housing support for LGBT Youth https://www.akt.org.uk/</p>	<p>Rainbow Home NE Asylum support in North-East www.rainbowhome.org.uk</p>
<p>Stonewall Housing Housing Support for LGBTQI+ https://stonewallhousing.org</p>	<p>Terrence Higgins Trust HIV and sexual health charity. Guidance for sexual health for trans people www.tht.org.uk</p>

If you are in crisis, contact your local crisis helpline:

www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

Age specific support

<p>Barnados The Base Thebaseproject@barnados.org.uk genderspace@barnados.org.uk Holistic youth service 16-24 years and parents/carers Whitley Bay The BASE - 128 Targeted Youth Support Services Barnardo's (barnados.org.uk)</p>	<p>Trinity Youth debswalker@trinityyouth.org.uk 07415 104 559 Transgender Youth Support service https://www.trinityyouth.org.uk/</p>
<p>AKT Housing support for LGBT Youth https://www.akt.org.uk/</p>	<p>Age UK North Tyneside enquiries@ageuknorthtyneside.org.uk 0191 280 8484 Transgender group to make new friends, find out more about services for older LGBTQ+ people North Tyneside Age UK North Tyneside LGBTQ+ Groups</p>
<p>Hart Gables info@hartgables.org.uk 01642 675 509 LGBTQ+ Teesside Based Groups for specific age ranges youth and adult www.hartgables.org.uk</p>	

Online resources

<p>The Angels Online forum for community and support www.theangels.co.uk</p>	<p>Deep Stealth Productions Media Production for and by trans people www.deepstealth.com</p>
<p>Meta Magazine Magazine for transgender and genderqueer news and culture www.metamagonline.wordpress.com</p>	<p>Trans Media Watch Help and support for dealing with the media Trans Media Watch – Accuracy – Dignity – Respect</p>
<p>Black Trans Foundation 4 months free therapy for black trans/nonbinary people Black Trans Foundation - Open Collective</p>	<p>Scottish Transgender Alliance Support for trans people, employers, and policy makers in Scotland www.scottishtrans.org</p>
<p>Non-Binary Wiki Online encyclopaedia for information Nonbinary Wiki</p>	<p>Transgender Zone Comprehensive site for medical info as well as other information www.transgenderzone.com</p>

National support

<p>The Beaumont Society Paid membership for society www.beaumontsociety.org.uk</p>	<p>Depend Free advice for family members and friends of trans people www.depend.org.uk</p>
<p>GALOP National LGBTQI+ domestic abuse helpline 08009995428 https://galop.org.uk</p>	<p>The Gender Trust Largest registered charity helping trans people and their support network www.gendertrust.org.uk</p>
<p>GIRES Gender Identity Research and Education Society www.gires.org.uk</p>	<p>If U Care share Crisis and family support for suicide www.ifucareshare.co.uk/</p>
<p>Press For Change Campaigns for civil rights for trans people. Provides legal help and advice www.pfc.org.uk</p>	<p>The UK Intersex Association Education, advocacy, campaigning, and support for of intersex people www.ukia.co.uk</p>
<p>Black Trans Alliance Black, queer and trans led non-profit https://www.blacktransalliance.org/</p>	

Published by the Northern Region Gender Dysphoria Service

2023 Copyright, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

January 2023 V10

www.cntw.nhs.uk/nrgds