



Resources for the LGBTQ+ community

These resources are for anyone exploring their sexuality or gender identity as well as queer folk needing information or support.

CHARITIES & ORGANISATIONS:

[Pink therapy](#) - directory of therapists & training services.

[The Proud Trust](#) - support, information & resources for LGBTQ+ youth and schools

[Rainbow Mind](#) - part of Mind UK, offers services such as groups and self care courses for all LGBTQ+ people.

[LGBT Foundation](#) - call 0345 3 30 30 30. Nationwide charity which provides advice, support, information & resources.

[LGBT switchboard](#) - 0300 330 0630 phonenumber open 10am-10pm daily for advice and support. Website has downloadable resources .

[Galop](#) - anti-violence charity for hate crimes and domestic violence. Advice and support via phonenumber and website.

[AKT](#) - charity supporting LGBTQ+ youth dealing with homelessness.



INSTAGRAM ACCOUNTS:

If you use one of the resources on this document let it be [Jeffrey Marsh's instagram](#). Jeffrey is non-binary and has the most healing and empowering messages for all humans.

[Fox Fisher](#) - non binary creative and author.

Chris Grant is [TheQTherapist](#), a non binary trans therapist.

[Alex Bertie](#) - trans man who documented his transition on youtube.

It's important to see members of the LGBTQ+ community thriving and succeeding in all areas of life. Eg. Olympic medalist [Tom Daley](#) and BBC presenter [Adele Roberts](#), just to name two..



Resources for the LGBTQ+ community

These resources are for anyone exploring their sexuality or gender identity as well as queer folk needing information or support.

TV SHOWS:

It's A Sin - All 4: brilliant series on the AIDs epidemic in London in the 80s. Hilarious, moving and very powerful. Includes the true to life story of Jill Baxter who is #allygoals

Feel Good - Netflix: starring Mae Martin as a fictionalised version of herself.

Sex Education - Netflix: absolutely superb, cannot recommend enough!

Queer Eye - Netflix: an obvious choice but totally unmissable, feel good & empowering TV.



BOOKS:

There's so many! I thought the best thing was to give you some selections such as the ones listed [here](#) from **JK publishers** or you can check out. '30 best LGBTQ+ books' according to [Elle magazine](#).



PODCASTS:

Here's a compilation of the [15 Best LGBTQ+ podcasts](#) according to Oprah Daily; includes JVN's *Getting Curious* and *Making Gay History*.

My friend & colleague Emily Brinnand of **Matter of Mind** has a great episode on her podcast about her coming out story, you can listen [here](#).