

Support services for Mental Health and Psychological Wellbeing



Support for LGBTQ+ Community

General:

Samaritans - <https://www.samaritans.org/> call 116 123

SHOUT – <https://giveusashout.org/> txt 'SHOUT' to 85258

Bristol:

Bristol Mind - <http://bristolmind.org.uk/lgbtq/lgbtqwellbeingservices/>

OTR (Off the Record) – <https://www.otrbristol.org.uk/whats-going-on-for-you/sexuality-gender/>

Pride without Borders: LGBT support for Refugees –
<https://www.bristolrefugeerights.org/how-we-help/pride-without-borders/>

PRISM: Bristol Drugs Project – <https://www.bdp.org.uk/lgbt>

VitaMinds – NHS Psychological Therapies (IAPT) –
<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire/>

National:

LGBT Switchboard – <https://switchboard.lgbt/> call 0300 330 0630

Hidayah: LGBT Muslim Support – <https://hidayahlgbt.com/>

LGBT Foundation – <https://lgbt.foundation/> call 0345 3 30 30 30

MindOUT – <https://mindout.org.uk/>

Unity Sexual Health

Central Health Clinic, Tower Hill, Bristol BS2 0JD
T. 0117 342 6900 W. unitysexualhealth.co.uk

**Be Informed.
Be Safe.
Be In Control.**