

How to access support for trans people

There are a range of resources available to support the physical and mental health of trans people, including helplines, charities, and NHS services.



Local organisations

[Our House](#) offers a LGBTQ+ community hub in the heart of Wakefield hosting events, community gatherings, and peer support groups.

[TransWakefield](#) provides practical support to all trans and non-binary people, their families, and their friends, within the Wakefield and surrounding areas.

[LonGBoT Wakefield](#) is a dedicated LGBT+ charity based in Wakefield committed to fostering an inclusive environment for individuals and allies.

[Wakefield Pride](#) the local charity which organises Pride every August. An afternoon of free entertainment, with the principal aim of celebrating the local LGBT+ community, challenging the stereotypes, breaking down barriers and building bridges with the community at large.

Helplines and support organisations

Helplines like Mindline trans +, Switchboard, and Spectra offer emotional and mental health support for trans and gender diverse individuals, their families, and allies.

Charities like MindOut, TransActual, and Gendered Intelligence provide mental health support and resources. Here is a list of some of these organisations.

Albert Kennedy Trust

AKT is the only national charity dedicated to providing support for LGBTQ+ young people who are either at risk of homelessness or currently experiencing it. www.akt.org.uk

Gender Outreach Workers

Supporting trans, non-binary and gender diverse people on the Leeds Gender Identity Service waiting list and care pathway. https://linktr.ee/gender_outreach

Gendered Intelligence

Providing services for trans, non-binary, and gender questioning people; for parents and carers as well as other adult relatives of young trans, non-binary, or gender questioning people; and for professionals and organisations from across all public, private and third sectors to improve their trans inclusive practices. <https://genderedintelligence.co.uk/>

GIRES

The Gender Identity Research & Education Society, (GIRES), is a UK wide organisation whose purpose is to improve the lives of trans and gender diverse people of all ages, including those who are non-binary and non-gender. www.gires.org.uk

LGBT Foundation

A national charity based in Manchester with trans services and resources. <https://lgbt.foundation/>. Their online trans and non-binary support information can be found here <https://lgbt.foundation/help/trans-advocacy-service/> and you can contact them through their helpline on 0345 3 30 30 30 or email HELPLINE@lgbt.foundation for direct support.

Mermaids

A UK charity supporting trans and gender-diverse children, young people, and their families. <https://mermaidsuk.org.uk/>

Mindline trans +

An emotional and mental health support helpline for anyone identifying as trans, non-binary, gender variant, and their families, friends, colleagues, and carers. Their phone line is open Fridays, 8pm to midnight. Ring 0300 330 5468. Due to current volunteer levels this service is currently only available on Friday evenings. Mindline are very sorry for any inconvenience caused and are working hard to resume full service. If you need emotional support Mindline is open 24/7 and available on 01823 276 892. www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans

MindOut

A mental health service run by and for lesbian, gay, bisexual, trans, and queer people. They work to improve the mental health and wellbeing of all LGBTQ communities and to make mental health a community concern. <https://mindout.org.uk/>

Not a Phase

A trans led, nationwide charity committed to uplifting and improving the lives of trans+ adults, through awareness campaigning, social projects, and funding trans+ lead initiatives.

www.notaphase.org

Pink Therapy

Pink Therapy offers a directory of qualified LGBTQIA+ friendly therapists and counsellors providing trusted, non-judgmental services for people who identify as lesbian, gay, bisexual, trans, queer, asexual, intersex and anyone who identifies as gender, sex, or relationship diverse.

<https://pinktherapy.com/>

Spectra

Offers social groups, 1-2-1 support, counselling and workshops. Spectra's services are delivered by people of trans experience themselves in a friendly, safe, confidential, non-judgemental, and accessible space. <https://spectra-london.org.uk/trans-services/>

Stonewall

A UK charity campaigning for LGBT equality. www.stonewall.org.uk

Find their Trans Hub here www.stonewall.org.uk/resources/lgbtq-hubs/trans-hub.

Switchboard

The national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. They can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. Switchboard operates from 10am to 10pm, 365 days a year on 0300 330 0630. <https://switchboard.lgbt/>

The Beaumont Society

The Beaumont Society – help and support from the trans community.

<https://beaumontsociety.org/>

TransActual

TransActual shares facts about trans rights, UK law, NHS healthcare and transphobia. They share transgender people's lived experiences and rights through quotes, blog posts and articles. There's information for trans men, trans women, and non-binary people as well as information for allies, journalists, and professionals. <https://transactual.org.uk/>

Transwiki

A comprehensive UK directory of non-commercial groups and organisations supporting trans and gender-diverse individuals, their families, and friends. You can click on the Yorkshire and Humberside region of their map to access local and regional support. www.gires.org.uk/tranzwiki

Support for your physical health

NHS

The NHS offers support through Gender Dysphoria Clinics (GDCs), which include psychological support and counselling. GDCs offer assessments, treatments, and advice, including cross-sex hormone therapy and speech and language therapy.

You can find information about the NHS population screening programmes available to transgender and non-binary people in England, such as breast screening, cervical screening, abdominal aortic aneurysm (AAA) screening, and bowel screening here

www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people.

General Practitioners (GPs)

GPs offer general health advice and support and can provide referrals to Gender Dysphoria Clinics (GDCs).

Leeds Gender Identity Service

Offers assessment, treatment, and support to people aged 17 and above with Gender Dysphoria. They accept referrals from GPs or NHS healthcare professionals. They also accept self-referrals. They offer appointments either by telephone, 'Attend Anywhere' a virtual consultation platform, or face to face at the clinic in Leeds. www.leedsandyorkpft.nhs.uk/our-services/gender-identity-service

The Gender Outreach Service

The Gender Outreach Service offers peer support, across England, based on lived experience of gender transition. Set up to support people aged 18+ who are on the waiting list for the Leeds

Gender Identity Service. They are also able to support those on the Leeds Gender Identity Service care pathway, and those thinking about referral.

Professionals and individuals can contact Gender Outreach Workers directly via email to the team at Genderoutreachworker.lypft@nhs.net, or by calling the freephone Information and Advice Line on 0800 183 1486 (open weekdays, 10am to 2pm). More information can be found here www.healthwatchwakefield.co.uk/gender-outreach-workers.

OUTpatients

OUTpatients is the UK's only LGBTIQ+ cancer charity. They are proudly led by and for LGBTIQ+ people affected by cancer, and work hard to support and advocate for the LGBTIQ+ community. They have information and resources for patients and professionals. <https://outpatients.org.uk/>

Out with Prostate Cancer

A group that offers mutual support, shared experience, and practical information to those who face the many challenges that come with a diagnosis of prostate cancer.

<https://outwithprostatecancer.org.uk/>

A note on inclusive care

Transgender people are much more likely to have a long-term mental health condition. Research showing this, published in [The Lancet](#), was led by the University of Manchester in collaboration with the Proud Trust and LGBT Foundation. It includes a study of 1.5 million people aged 16 and over in England, including 8,000 transgender people. Stigma around gender identity can often create additional barriers in access and quality of care.

The British Medical Association emphasises the importance of inclusive care for all trans and non-binary patients, whether they are seeking treatment for gender dysphoria or not. They have updated guidance here '[Inclusive care of trans and non-binary patients](#)', which starts by saying:

"It is important that all groups within the patient population have access to appropriate, timely, high quality healthcare. We acknowledge that many trans and non-binary patients have had negative experiences of accessing healthcare in the past and continue to do so."

The guidance concludes with:

"All patients deserve respectful, supportive treatment in the healthcare system, both with their gender-related care and their medical care more generally."

If you need our support, contact us

[Healthwatch Wakefield](#) is your local health and care champion. We support and respect the rights of trans and non-binary people to live authentically, and we stand against all forms of discrimination. We urge you to look for and access all the health and care support and services you need. If you need advice, information, or support or want to share your experiences, please get in touch.

Telephone 01924 787379 or Text us on 07885 913396. Email enquiries@healthwatchwakefield.co.uk.

Contact us through our website www.healthwatchwakefield.co.uk.

Our office hours are between 9 and 5, Monday to Friday except Bank Holidays.