FLORA BOURDILLON

LGBTQ+ support

Information, community and places to turn

Information and places to turn

For people aged 16 and over

Flora Bourdillon

BABCP-accredited Psychotherapist

LGBTQ+ therapist directories

Use your postcode or London location where available. Ask individual therapists about their experience, qualifications, fees and reduced-fee places.

Pink Therapy

WHO IT IS FOR / WHAT IT PROVIDES

Specialist directory for LGBTQ+ and gender, sexuality and relationship diverse people.

https://pinktherapy.com/

COST AND ACCESS

FEES VARY
Contact therapists directly. Use the website's **Find a therapist** link for its new directory.

Gendered Intelligence: therapist directory

WHO IT IS FOR / WHAT IT PROVIDES

Therapists and counsellors offering support to trans people, their families and partners.

COST AND ACCESS

FEES VARY
Some offer sliding-scale fees. Contact the practitioner directly; directory inclusion is not an endorsement.

https://genderedintelligence.co.uk/services/69-therapists-and-counsellors-network-directory

Before booking: Ask about the therapist's experience with your needs, their professional registration, any accessibility adaptations, and fees. A directory listing does not guarantee that someone will be the right fit.

More directories

Broader searches for London therapists and LGBTQ+ organisations. Browsing these directories is free; the services they list have their own costs.

Counselling Directory: LGBTQ+ London

WHO IT IS FOR / WHAT IT PROVIDES

London listings of therapists offering LGBTQ+ counselling.

COST AND ACCESS

FEES VARY
Browse profiles, locations and online options; check training and fit with the individual therapist.

https://www.counselling-directory.org.uk/city/london/service/lgbtq-counselling

BACP: therapist directory

WHO IT IS FOR / WHAT IT PROVIDES

General therapist directory. Search locally and look for relevant LGBTQ+ experience in profiles.

COST AND ACCESS

FEES VARY
Enter a city or postcode. Contact the therapist to discuss your needs and their experience.

https://www.bacp.co.uk/search/Therapists

Consortium: member directory

WHO IT IS FOR / WHAT IT PROVIDES

Directory of LGBTQ+ organisations, community groups and networks across the UK.

COST AND ACCESS

FREE TO BROWSE
Find London services, then check the group's own website for eligibility, activities and any costs.

https://www.consortium.lgbt/member-directory/

West London support

Local counselling, connection and wellbeing support. Some London-wide services also welcome people living in West London.

Cherish Hounslow - NAZ

WHO IT IS FOR / WHAT IT PROVIDES

Individual and group therapeutic counselling for Hounslow residents who identify as LGBTQ+ or have a Global Majority background.

COST AND ACCESS

FREE
Up to 12 sessions. Self-referral form on the website.
Email: info@naz.org.uk
Phone: 020 8741 1879
Ask about age eligibility and current availability.

https://www.naz.org.uk/cherish-hounslow

West London Queer Project (WLQP)

WHO IT IS FOR / WHAT IT PROVIDES

Community events, walks, sport and social activities for LGBTQ+ people in West London.

COST AND ACCESS

COSTS VARY BY EVENT
Some activities and taster sessions are free. Book or register through the event listing; check age limits. The website also has useful support contacts.

https://www.wlqp.org/

Spectra

WHO IT IS FOR / WHAT IT PROVIDES

Free LGBTQ+ wellbeing services. Trans counselling is for adults aged 18+ in London; LGBTQI+ young persons counselling is for ages 13-18, including 16-18-year-olds.

COST AND ACCESS

FREE
Use the service finder to check age and borough criteria and apply. Trans counselling may offer up to 12 sessions, online, by phone or in person; a wait may apply.
Phone: 0800 587 8302

https://spectra-london.org.uk/services/

Also through Spectra: LGBTQ+ peer support for adults in eligible North West and South West London boroughs, and Pyramid youth groups for ages 13-18 and 18-25. Check each service listing: not every

Counselling across London

Free, donation-based and other counselling options. Contact services directly to ask about their current waiting list and referral arrangements.

Connect Well LGBTQ+

WHO IT IS FOR / WHAT IT PROVIDES

Online one-to-one counselling and wellbeing workshops for adults from London's LGBTQ+ community.

COST AND ACCESS

FREE
Use the website's sign-up or referral link. Check current eligibility, availability and how sessions are delivered.

https://www.connectwell.lgbt/

London Friend

WHO IT IS FOR / WHAT IT PROVIDES

LGBTQI+ counselling, including for people questioning their sexuality or gender. What you bring to therapy does not have to be LGBTQ+ related.

COST AND ACCESS

INCOME-BASED CONTRIBUTION
Usually 12 weeks of counselling. A financial contribution is discussed at assessment. A waiting list applies.
Email: counselling@londonfriend.org.uk

https://www.londonfriend.org.uk/1-2-1counselling/

ELOP - LGBT Mental Health & Wellbeing

WHO IT IS FOR / WHAT IT PROVIDES

LGBTQ+ counselling, mental health support, social and support groups, and young people's services in London.

COST AND ACCESS

CHECK CURRENT COSTS
Ask about counselling fees, reduced-cost options, age limits and waiting times. Services continue while its new website is being built.
Phone: 07908 553744
Email: info@elop.org

https://www.elop.org/

A useful question when enquiring: “I am looking for LGBTQ+ affirming support. Do you have experience with my circumstances, and what would the cost and wait be?”

Young people & community

Spaces to meet people, build connections and find support. Check the specific group's age range and joining arrangements.

Mosaic LGBT+ Young Persons' Trust

WHO IT IS FOR / WHAT IT PROVIDES

London community programmes for LGBT+ young people: a 12-18s club (including ages 16-18) and an 18-25s young adults group.

COST AND ACCESS

CORE GROUPS FREE
Register for the relevant group on the website. Check separate costs for trips, residentials and special events. Information is also available for parents and guardians.

https://www.mosaictrust.org.uk/

Gendered Intelligence

WHO IT IS FOR / WHAT IT PROVIDES

Support and community for trans, non-binary and gender-questioning people. London and online youth groups, adult groups and support for families.

COST AND ACCESS

CHECK EACH PROGRAMME
Use the services page to find a group for your age and circumstances. Contact the team about joining and any costs.
Youth enquiries:
youthwork@genderedintelligence.co.uk

https://genderedintelligence.co.uk/services

London LGBTQ+ Community Centre

WHO IT IS FOR / WHAT IT PROVIDES

Community space at 60-62 Hopton Street, Blackfriars, SE1 9JH. Events, workshops, meet-ups and visiting support providers.

COST AND ACCESS

CHECK EACH EVENT
Browse the calendar or its linked Eventbrite listings for cost, age limits and booking. Check opening times before visiting.

https://londonlgbtqcentre.org/

Looking for a more specific community? The Consortium member directory on page 2 can help you explore groups organised around identity, culture, faith, disability or shared interests.

Family, faith & coming out

National information and support that can also be accessed from London. Check age eligibility and the type of support offered.

Stonewall - Coming out

WHO IT IS FOR / WHAT IT PROVIDES

Information and signposting for LGBTQ+ young people thinking about sharing their identity, including links about support and safety.

COST AND ACCESS

FREE ONLINE RESOURCES
Read the coming-out page or explore the broader hub. These are information resources rather than a counselling service.

https://www.stonewall.org.uk/young-futures/lgbtq-support/coming-out

FFLAG - Families and Friends of Lesbians and Gays

WHO IT IS FOR / WHAT IT PROVIDES

Support for families with LGBT+ loved ones, including trans and non-binary people. Parent volunteers, guides and peer-support options.

COST AND ACCESS

RESOURCES FREE / CALL CHARGES APPLY
Helpline: 0300 688 0368
Wed-Thu 10am-8pm; Fri-Sat 10am-6pm. Calls are charged at local rate. Email and group options are on the website.

https://fflag.org.uk/

Hidayah LGBT+

WHO IT IS FOR / WHAT IT PROVIDES

Community, wellbeing resources and support for LGBTQI+ Muslims.

COST AND ACCESS

CHECK CURRENT OPTIONS & COSTS
Look for London and online activities. Direct support is for adults aged 18+; its contact page states that it cannot provide direct asylum-seeker support. Use page 9 for specialist asylum services.

https://hidayahlgbt.com/
https://www.hidayahlgbt.co.uk/contact-us/

Trans information & networks

Directories, information and social support. Check whether a service is providing information, peer support or individual counselling.

GIRES - Gender Identity Research & Education Society

WHO IT IS FOR / WHAT IT PROVIDES

Information about gender diversity. Its TranzWiki directory lists non-commercial groups supporting trans and gender-diverse people, their families and friends.

https://www.gires.org.uk/resources/
https://www.gires.org.uk/tranzwiki/

COST AND ACCESS

FREE ONLINE RESOURCES
Browse TranzWiki for local and national groups, including London. Check current access details directly with the listed organisation.

TransPALS

WHO IT IS FOR / WHAT IT PROVIDES

South London mutual social support for trans people, established in Croydon. Meetings and other social gatherings.

https://transpals.org.uk/
https://www.gires.org.uk/tranzwiki/groups/transpals/

COST AND ACCESS

CHECK MEETING DETAILS & COSTS
Contact the group before attending to confirm the current venue, joining arrangements and age limits. Its listing is also available through GIRES.

The Beaumont Trust

WHO IT IS FOR / WHAT IT PROVIDES

An educational and information charity focused on trans adults aged over 18, and issues affecting their families and friends.

COST AND ACCESS

CURRENT DIRECT SUPPORT UNCONFIRMED
Current counselling or helpline access could not be reliably verified. Check its official charity record and contact details before relying on older service listings. Charity number: **297527** .

https://register-of-charities.charitycommission.gov.uk/en/charity-search/-/charity-details/297527/charity-overview

Beaumont Trust: its website displayed unrelated gambling links at the check date. The official charity

More specialist support

Youth and housing support, plus an online community option that can be accessed outside its home area.

Mermaids

WHO IT IS FOR / WHAT IT PROVIDES

Support for trans, non-binary, gender-diverse and questioning young people under 20, their loved ones and supporters. Relevant here for ages 16-19 and families.

COST AND ACCESS

FREE SUPPORT LINE
Phone: 0808 801 0400
Email: info@mermaidsuk.org.uk
Webchat and peer-group information are online. Published hours differ between pages: check the live website before contacting.

https://mermaidsuk.org.uk/support-line/

akt - LGBTQ+ youth homelessness support

WHO IT IS FOR / WHAT IT PROVIDES

LGBTQ+ people aged 16-25 who are homeless, at risk of homelessness or living in a hostile environment. London team and UK-wide digital support.

COST AND ACCESS

CONTACT FOR SUPPORT
Use the online referral or live chat to discuss housing advice, advocacy and support. Accommodation depends on assessment and availability.
Email: gethelp@akt.org.uk

https://www.akt.org.uk/get-immediate-support/

The Clare Project

WHO IT IS FOR / WHAT IT PROVIDES

Community support for trans, non-binary, intersex, gender-variant and gender-questioning adults. In-person work is based in Brighton and Sussex.

COST AND ACCESS

CHECK EACH ACTIVITY
Its online social welcomes adults outside Sussex, including London. Join the mailing list for Zoom links. Check current calendar details and any costs.

https://clareproject.org.uk/

Asylum & refugee support

LGBTQI+ specific practical support, alongside a separately labelled service for young refugees affected by trauma.

Micro Rainbow

WHO IT IS FOR / WHAT IT PROVIDES

LGBTQI+ people seeking asylum and refugees. Safe housing, social inclusion and support with moving on after refugee status is granted.

COST AND ACCESS

CHECK ELIGIBILITY
Contact the relevant team. Housing has specific asylum-support criteria and depends on availability.
Community: social@microrainbow.org
Housing: housing@microrainbow.org

https://microrainbow.org/support-and-resources/

Rainbow Migration

WHO IT IS FOR / WHAT IT PROVIDES

LGBTQI+ people seeking asylum. Specialist legal information and advice, emotional support, advocacy and help accessing housing and healthcare.

COST AND ACCESS

FREE ASYLUM ADVICE
Use the website's advice and support pages to contact the team and check access arrangements.

https://www.rainbowmigration.org.uk/

Baobab Centre for Young Survivors in Exile

WHO IT IS FOR / WHAT IT PROVIDES

A general trauma and refugee service, rather than an LGBTQ+ specific service. Free therapy and practical support for eligible young refugees and asylum seekers.

COST AND ACCESS

FREE / REFERRALS CLOSED
At the check date, referrals and the waiting list were closed. Usually under 24 at referral, having arrived unaccompanied before 18 and experienced violence before 18. Further criteria apply.
Phone: 020 7263 1301

https://www.baobabsurvivors.org/referrals/

Baobab contact for reopening updates: bryony.cribb@baobabsurvivors.org. Check the live referral page before enquiring. Its correct website is baobabsurvivors.org.

Listening & specialist support

Direct contacts when you want to talk, find your next step or access support for a particular difficulty.

Switchboard LGBT+

WHO IT IS FOR / WHAT IT PROVIDES

Confidential listening, information and signposting for LGBTQIA+ people, including those questioning, and their families, friends and supporters.

COST AND ACCESS

FREE
Phone: 0800 0119 100
10am-10pm every day.
Phone, online chat and email options are on the website.

https://switchboard.lgbt/

Galop

WHO IT IS FOR / WHAT IT PROVIDES

LGBT+ people affected by abuse or violence, including domestic abuse, sexual violence, hate crime and so-called conversion therapies.

COST AND ACCESS

FREE HELPLINE
Phone: 0800 999 5428
Email: help@galop.org.uk
Weekdays; check current hours online.
Specialist services have their own access criteria.

https://www.galop.org.uk/

Antidote - London Friend

WHO IT IS FOR / WHAT IT PROVIDES

LGBTQ+ specific support with alcohol, drugs and chemsex, including advice and routes to further support.

COST AND ACCESS

FREE ADVICE & SUPPORT
Self-refer by email or phone.
Email: antidote@londonfriend.org.uk
Phone: 020 7833 1674
Ask for the Antidote team.

https://londonfriend.org.uk/antidote/

Source and access note
Entries were checked against organisation websites on 5 October 2026; Costs marked for checking and unconfirmed service details should be confirmed directly. The linked pages are the sources for current