

Chapter 13

Useful Resources



So we are coming to the close of the book, but I couldn't leave you without offering you further support and resources. I am well aware that we have covered a wide range of topics in this book. This may have answered some of your questions, but it might have created more. This is okay.

There is also a chance that this book might not have ticked all your boxes – this is also okay. I would like this to be one of the many resources that you have to help you be yourself. This book is your starting point. There is always more to learn and develop your understanding of.

In this chapter we will:

- Explore charities and organizations that can help you.
- Get to grips with some other books you can read.
- Focus on the many things you can use to educate yourself.
- Oh, and, of course, we can't forget about the importance of people to learn from!

Charities and Organizations

- Anxiety UK, Helpline 03444 775774/text 'support' to 07537 416905, www.anxietyuk.org.uk
A user-led service for those who are struggling with stress and anxiety, this service is not LGBTQIA+ exclusive, but offers instant advice and help for those who are struggling. The Helpline is open Monday–Friday.
- CALM, Helpline 0800 585858, www.thecalmzone.net
CALM (Campaign Against Living Miserably) is the leading movement to

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prevent suicide. It offers a helpline and web chat service seven days a week to help those struggling with suicidal thoughts, and also a service for those affected by suicide. The Helpline is open 5pm–midnight, 365 days a year.

- Childline, Helpline 0800 1111, www.childline.org.uk
A counselling service in the UK for children and young people up to their 19th birthday provided by the NSPCC. Offering support 24 hours a day, seven days a week – there is always someone for you to speak to.
- FFLAG, Helpline 0300 6880368, www.fflag.org.uk
FFLAG is a national voluntary organization and charity dedicated to supporting families and their LGBTQIA+ loved ones.
- Gendered Intelligence, <https://genderedintelligence.co.uk>
Gendered Intelligence runs projects for young people who identify as trans. It also has information for parents and families. A support line, 0330 3559678, is available at select times.
- Just Like Us, www.justlikeus.org
Just Like Us is a charity that acknowledges that growing up LGBT+ is still unacceptably tough. It works with schools across the UK to improve the lives of LGBTQIA+ young people.
- Kidscape, <https://kidscape.org.uk>
Kidscape is dedicated to helping young people affected by bullying. This service is not LGBTQIA+ exclusive, but offers support, training and advice to challenge bullying. A parent advice line is also offered.
- Kooth, www.kooth.com
Kooth offers free anonymous mental health support, targeted at younger audiences. It also acts as a signposting service for other mental health services available across the UK.
- Mermaids, Helpline 0808 8010400, <https://mermaidsuk.org.uk>
Mermaids supports transgender, non-binary and gender-diverse children,

young people and their families. Mermaids also operates an emergency text service; if you need help now, text 'Mermaids' to 85258.

- Mindline Trans+, Helpline 0300 330 5468, <http://mindlinetrans.org.uk>
Mindline Trans+ is a UK-wide helpline and website run by and for trans, non-binary, gender-diverse and gender-fluid people. It offers a free, confidential, judgement-free service for support and advice, and its helpline is available at select times.
- NHS 111 service, <https://111.nhs.uk>
Call 111 when you need medical help fast but it is not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year and is free to call. Help is also available via the website.
- Not A Phase, <https://notaphase.org>
Supporting the lives of trans+ adults across the UK is the core message of Not A Phase, a small charity that is working towards a brighter future for the trans+ community.
- Papyrus, Helpline 0800 0684141/text 07860 039967/
email pat@papyrus-uk.org, www.papyrus-uk.org
Papyrus is a suicide prevention helpline for young people. Call, text or email Monday–Friday 10am–10pm, weekends 2pm–10pm.
- Samaritans, Helpline 116 123, www.samaritans.org
Samaritans is a charity aimed at helping anyone in emotional distress. It has dedicated helplines and offers help for free whenever you need it.
- Shout, Text 'shout' to 85258, <https://giveusashout.org>
Shout is the UK's free mental health text support service, which offers free, impartial advice every day of the year.
- Stonewall, Email info@stonewall.org.uk, www.stonewall.org.uk
Full of information, resources and help. It also operates an information service. Open 9.30am–4.30pm Monday – Friday.

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- SupportLine, Helpline 01708 765200/email info@supportline.org.uk, www.supportline.org.uk
SupportLine is particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse. It offers confidential emotional support to children, young adults and adults by telephone, email and post.
- Switchboard, Helpline 0300 330 0630, <https://switchboard.lgbt>
Switchboard offers a listening service via calls, email or messaging to help you. It covers all the intersections of mental health and is LGBTQIA specific, with all volunteers self-defining as LGBTQIA. Open 10am–10pm every day.
- The Proud Trust, www.theproudtrust.org
An organization that helps young people empower themselves to make a positive change for themselves. With experiences, testimonials and web chat support.
- Young Minds, www.youngminds.org.uk
Young Minds is the UK's leading mental health charity for young people. It has lots of resources online for young people and parents too.



Books

- *What's the T? The No-Nonsense Guide to All Things Trans and/or Non-Binary for Teens* – Juno Dawson

This guide is angled at teenagers, presenting what it means to be transgender or non-binary in a frank and humorous way. Dawson offers advice on labels, identities, sex and relationships. She also includes her transgender and non-binary peers, to offer their individual advice and opinions.

- *Gender Explorers: Our Stories of Growing Up Trans and Changing the World* – Juno Roche

In this collection of interviews with young transgender people, writer and campaigner Juno Roche brings an open and candid reflection of gender from a very fresh and modern angle.

- *Coming Out Stories: Personal Experiences of Coming Out from Across the LGBTQ+ Spectrum* – Emma Goswell and Sam Walker

A powerful and uplifting collection of coming out stories from LGBTQ+ people. Here to inspire and uplift, this book helps you understand and learn from an intersectional array of coming out stories.

- *Trans Survival Workbook* – Owl and Fox Fisher

Specifically aimed at those who are transitioning, this guide allows you to document and explore the relationship you have with yourself throughout the process of transitioning. It also has a focus on wellness and mental health.

- *Beyond the Gender Binary* – Alok Vaid-Menon

In this mini-guide, writer and performer Alok Vaid-Menon urges you to see the gender spectrum in colour, asking you to see beyond transphobia that halts the progress of the community, allowing you to learn to celebrate yourself by living an authentic life.

- *Bottled: A Picture Book to Help Children Share Their Feelings* – Tom and Joe Brassington

This small book packs a big punch, helping you learn how to effectively discuss

your feelings. As with many things in our lives, we can all feel the pressure, and try to bottle up how we feel. Tom and Joe Brassington are here to help you find other ways to express yourself.

- *The Book of Non-Binary Joy: Embracing the Power of You* – Ben Pechey
I might be a bit biased, but if you want to explore non-binary identities, then this book might be the best one for you, helping you thrive as your authentic – and most fabulous – non-binary self. Packed full of personal stories, valuable insights and interactive sections, this inspiring book covers a wide range of topics, including mental health, pleasure, fashion, understanding your past, allyship privilege and self-expression.
- *You Can Make a Difference! A Creative Workbook and Journal for Young Activists* – Sherry Paris
This fun and interactive guide is a great resource if you feel you want to make a difference in the world by creating change or even becoming an activist. This could be a great book for any up-and-coming change makers.
- *The Trans Self-Care Workbook: A Coloring Book and Journal for Trans and Non-Binary People* – Theo Lorenz
This creative journal and workbook offers a unique take on celebrating transgender and non-binary identities. Through pages of colouring, journaling prompts, advice and space for self-reflection you can find a deeper understanding of your gender identity.

