**Free and confidential advice and support services:**

***Talk to Frank:***

Helps you find out everything you might want to know about drugs.

Talk to FRANK offers friendly, confidential and anonymous advice. They offer live chat, email, SMS and telephone support.

[www.talktofrank.com](http://www.talktofrank.com)

SMS: 82111

Telephone: 0300 123 6600

***Relate:***

UK's largest provider of relationship support, and every year they help people of all ages, backgrounds and sexual orientations to strengthen their relationships.

RELATE offers relationship counselling for individuals, couples and families. They also offer sex therapy. They offer free live chat (with a trained counsellor), an anonymous support helpline and face-to-face counselling.

[www.relate.org.uk](http://www.relate.org.uk)

Telephone: 0300 100 1234

***GMFA:***

The Gay Men’s Health Charity (GMFA) is the UK's leading charity dedicated to gay men's health. Visit their website for advice and information on: sex and sexual health, living with HIV and clinics and support.

[www.GMFA.org.uk](http://www.GMFA.org.uk)

***London Friend:***

London Friend is the UK’s oldest Lesbian, Gay, Bisexual and Trans charity. They support the health and mental well-being of the LGB&T community in and around London. They offer counselling and support around issues such as: same-sex relationships, sexual and gender identity. They are also home to Antidote – the UK’s ***only*** LGBT drug and alcohol service which offers confidential drug and alcohol telephone support.

[www.londonfriend.org.uk](http://www.londonfriend.org.uk)

Telephone: 0300 330 0630

***Rape Crisis England & Wales:***

Rape Crisis England & Wales is a national charity and the umbrella body for a network of independent member Rape Crisis organisations. It is a feminist organisation that exists to promote the needs and rights of women and girls who have experienced sexual violence. Rape Crisis England and Wales offers confidential support and/ or information about your nearest services.

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Telephone: 0808 802 9999

***Support after Rape and Sexual Violence Leeds (SARSVL; Rape Crisis Centre for Leeds):***

Organisation that exists to support all women and girls who have been affected by sexual violence of any kind at any time in their lives. SARSVL offers free and confidential helpline, face-to-face, SMS and email support.

[www.supportafterrapeleeds.org.uk](http://www.supportafterrapeleeds.org.uk)

Telephone: 0808 802 3344

SMS: 07797 803 211

***Survivors UK:***

Survivors UK helps men from anywhere who have been sexually abused. Survivors UK provide confidential web chat and SMS/text chat services, and run both individual counselling and group therapy from our base in Shadwell, London.

[**www.survivorsuk.org**](http://www.survivorsuk.org)

***The Samaritans:***

The Samaritans offer free and confidential support to any person who wishes to use their service. This service is available 24 hours a day, 365 days a year. The Samaritans offer telephone, email and face-to-face support.

[www.samaritans.org](http://www.samaritans.org)

Telephone: 116 123 (UK); 116 123 (ROI)

***Mind:***

Mind provide advice and support to empower anyone experiencing a mental health problem. Mind offers two confidential mental health information services, the Mind Info line and the Legal advice service. You can also use their website to find your local ‘Mind’ where you can access support such as: counselling, advocacy and housing.

[www.mind.org.uk](http://www.mind.org.uk)

Telephone: 0300 123 3393

SMS: 86463

***Yorkshire MESMAC:***

Yorkshire MESMAC are a community based social wellbeing, sexual and mental health services across West and North Yorkshire. They are predominantly a service for gay and bisexual men. They have four offices in Bradford, Leeds, York and Wakefield and these offices provide: consultancy, counselling, information and resources, outreach, support and training.

[www.mesmac.co.uk](http://www.mesmac.co.uk)

***Men’s Advice Line:***

Men’s advice line is a men’s only service for those who have or are experiencing domestic violence. They provide free and confidential support via: helplines and email.

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

Telephone: 0808 801 0326

***Respect:***

The main focus of the Respect Phoneline is to increase the safety of those experiencing domestic violence by engaging with the abusers to reduce the risk. The free phoneline and email service offers information and advice to help stop domestic violence.

[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

Telephone: 0808 802 4040

***Leeds Mental Health Directory***

Leeds Mental Health Directory aims to give up to date information about what services are available in the city and how to access them. It also provides links to fact sheets and self-help information about maintaining good mental health and wellbeing.

[www.leedsmhdirectory.co.uk](http://www.leedsmhdirectory.co.uk)

***Pink Butterfly***

Pink Butterfly Is a social networking site aimed at Transsexual, Intersexed and Transgender People. Pink Butterfly offers friendship, advice, information and guidance for its members.

[http://yahoo-pulse-friends-worldwide-network.webs.com](http://yahoo-pulse-friends-worldwide-network.webs.com/)

***Yorkshire Trans Support Network***

Yorkshire Trans Support Network is an umbrella network committed towards improved awareness, equality, support and resources for Trans people throughout Yorkshire.

http://www.ytsn.org.uk/