







SUPPORT SOURCE	DESCRIPTION
<p data-bbox="120 225 689 360">  just like us Just Like Us About </p> <p data-bbox="107 491 739 560"> Think your child might be trans or non-binary? - NHS (www.nhs.uk) </p> <p data-bbox="790 491 981 568">  </p> <p data-bbox="107 651 1039 927">  Young People - The Proud Trust Trusted Adults - The Proud Trust The Proud Trust offer an online chat service for anyone in England called Proud Connections. It is open on Tuesdays and Thursdays from 12pm – 6pm. https://www.theproudtrust.org/proud-connections/ </p> <p data-bbox="107 1038 994 1142"> The Mix - Essential support for under 25s  </p> <p data-bbox="107 1214 860 1241"> Guide for parents of LGBT+ children (publishing.service.gov.uk) </p>	<p data-bbox="1070 217 2130 384"> Just Like Us – an organisation formed 5 years ago and their mission is to empower young people to champion LGBT+ equality. They want all young people to know that being LGBT+ is something to be celebrated and to be able to feel happier being themselves. The organisation offers 3 different programmes, The Ambassador Programme; Pride Groups and an annual Schools Diversity Week. </p> <p data-bbox="1070 504 2107 568"> NHS information and support for parents – when to seek help; who can help; therapies available and how to access them; how to support your child. </p> <p data-bbox="1070 719 2119 927"> The Proud Trust is an organisation that provides guidance and support to adults and young people. Whilst most of their services are Manchester based, the website has a range of guidance and information available to all. Proud Connections, the online chat service of The Proud Trust is also available to all and puts a user (parent or young person) in direct contact with someone from The Proud Trust to discuss anything they wish in a secure and supportive environment. </p> <p data-bbox="1070 1038 2119 1142"> The Mix is an online support provider for the under 25s. They cover areas including Sex & Relationships (including gender and sexuality issues), Mental Health, Drink and Drugs amongst other topics. </p> <p data-bbox="1070 1222 2096 1286"> Whilst this guide has been published by the Ministry of Defence and includes accounts from military families, the basic facts, top tips and advice is relevant to all. </p> <p data-bbox="1070 1398 2085 1465"> EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age. Targets of this </p>



Educational Action Challenging Homophobia

HELPLINE 0808 1000 143

[Homophobic Transphobic Helpline - EACH | EACH](#)

bullying can call the freephone Helpline on 0808 1000 143 (Monday to Friday, 9:00am – 4:30pm) or use the online self-reporting form to receive the same support (please use the link provided). The helpline is staffed by fully trained staff