

# LGBT+ intimate and family relationships survey

## Support Resources

### Background

Galop is the UK's LGBT+ anti-violence organisation ([galop.org.uk](http://galop.org.uk)). We have provided support to the LGBT+ community since 1982. We are always working to better understand the experiences and impact of abusive behaviours from family members and partners on LGBT+ people, as well as experiences of speaking out. We want to identify what needs to change, to ensure LGBT+ people get the support they want.

We are currently seeking the experiences of LGBT+ people living in Central Bedfordshire, for a project we are working on in collaboration with Durham University and Central Bedfordshire Council.

We have given a lot of thought to the questions in the surveys but we know that filling them in will not be easy. If you have filled one in, you might have found that it has brought up difficult thoughts and feelings. We want to support you, so we have put together these support resources.

If you would like to ask a question about one of these projects, in confidence, please email [survey@galop.org.uk](mailto:survey@galop.org.uk).

### Helpful Organisations

These organisations offer independent, confidential specialist support to survivors of sexual violence. Not all services are available to people of all genders; please see their websites for more information.

- [Galop](#) – the UK's LGBT+ anti-violence organisation
- National LGBT+ Domestic Abuse Helpline **0800 999 5428** Open Monday to Friday 10:00am - 5:00pm, Wednesday to Thursday 10:00am - 8:00pm
- [Karma Nirvana](#) – for anyone experiencing or at risk of forced marriage and so called 'honour based' violence **0800 5999 247** Monday - Friday: 9am – 5pm
- [RESPECT](#) helpline offering advice & support to help those concerns about their

own behaviour towards a partner **0808 802 4040** Monday - Friday: 9am – 5pm

- [Mind Out](#) offers phone/email/live chat emotional support to LGBT+ people feeling anxious or isolated
- There is a list of [LGBT+ Helplines](#) around the country here.
- Women's Aid have a [directory of domestic abuse services](#) for women around the UK which you can use to find what is available in your area
- [Switchboard LGBT+ Helpline](#) is open 10am-10pm. They also have an [emotional wellbeing support pack](#).
- [Misery Party](#) is a mental health collective for queer, trans and non-binary BIPOC.

If you do not have a local service or are not sure if your local service is LGBT+ inclusive or friendly, you can contact the National LGBT+ Domestic Abuse Helpline and we will help you to find appropriate support.

- Information about local services for those living in Central Bedfordshire can be found at <https://www.signpostforbedfordshire.com/domestic-abuse>

## YOUNG PEOPLE

If you are an LGBT+ young person and someone is making you feel afraid or you have questions about your experience, we encourage you to connect with someone who may be able to help. It can be very difficult to tell someone about your experiences and it may feel intimidating but there are adults who are here to listen and help. Reaching out is the first step.

These organisations have helplines, web chat and useful information to support young people:

- [Childline](#) 0800 1111 Talk or message with someone from 9am to midnight about anything you are worried about
- Anna Freud worked with young people to develop [this page](#) of self-help techniques
- [The Mix](#) 0808 808 4995 Support for under 25s
- [Gendered Intelligence](#) Support for young Trans\* people under 21: 0330 3559 678

- [Kooth](#) provide online support, counselling and groups for young people aged 11-18 (Kooth is not LGBT+ specific but it is very inclusive of LGBT+ young people).

### **If you have experienced abuse of a sexual nature**

Every part of England and Wales has a Sexual Assault Referral Centre (SARC). These are confidential centres run by the NHS, open 365 days per year, for everyone of any age, gender or sexuality who has experienced sexual violence in the last 12 months.

You can find out details of your local SARC [here](#) or contact [Rape Crisis England and Wales](#) which offers telephone and online live chat services.

Men and non-binary people can contact [Survivors UK](#), which offers online, phone, text and WhatsApp support and counselling

You can also reach out to Galop to speak to an Independent Sexual Violence Advocate who is a specialist in LGBT+ Support.

### **Self-Help Resources**

There is a lot of information online to help you manage the impact of trauma. This includes help for coping with flashbacks, nightmares and sleep difficulties, anxiety and so on. Have a look at these websites for useful guides:

Mind have information and support to help you understand [trauma](#)

This [app](#) features tapping exercises that can help you to regain focus when you are triggered or overwhelmed.

### **If you are in urgent need of support:**

Remember you can call Samaritans or Childline:

[Samaritans](#) – Or call 116 123

[Childline](#) – Or call 0800 1111

You can also contact the police on 999 or 101, or your local GP or A&E department or someone you trust. We encourage anyone who feels they need support to reach out to a service – help is available.

## **Thank You**

Thank you for helping Galop with our research. It is so important to hear the experiences and views of LGBT+ survivors so that things can get better. LGBT+ people's experiences are valid. They deserve support that is informed by their sexuality and gender identity. We want to create more safety, more inclusion and more understanding, your voice will help us to do that.

What helps us survive is community and friendship. We encourage you to reach out to a trusted person and to take part in positive and creative responses that validate us as human beings. Support is personal but you don't have to bear this alone.

LGBT+ survivors matter. You matter.

**If you have a question, comment or need help but do not know where to start, please feel free to contact us in confidence:**

[survey@galop.org.uk](mailto:survey@galop.org.uk)

Thank you

The Galop Research Team