

USEFUL NUMBERS

12 STEPS

AA (Alcoholics Anonymous): 0800 9177 650

<https://www.alcoholicsanonymouslondon.com>

NA (Narcotics Anonymous): 0300 999 1212

<https://ukna.org>

CA (Cocaine Anonymous): 0300 111 2285

<https://cocaineanonymous.org.uk>

CMA (Crystal Meth Anonymous)

<http://www.crystalmeth.org.uk/>

OA (Over Eaters Anonymous): 07798 587 802:

www.oagb.org.uk

ABA (Anorexic & Bulimics Anonymous)

<http://aba12steps.org/aba-meetings/meetings/united-kingdom/london/>

Al-Anon Families Groups: 0207 403 0888

www.al-anonuk.org.uk

Helps families and friends of drug and alcohol users

ACA (Adult Children Of Alcoholics) 07786 930357

<http://www.adultchildrenofalcoholics.co.uk/>

MA (Marijuana Anonymous): 07940 503 438

Blood Bourne Virus

POSITIVELY UK: 0207 713 0444 www.positivelyuk.org.

Offers HIV peer lead support

Terrence Higgins Trust: 0808 802 1221

Sexual health or have concerns about living with HIV.

<https://www.tht.org.uk/our-services/at-home>

Hep C Trust: 0800 999 2052 Peer to Peer programme,

support for those diagnosed or on treatment, 1:1 support

PEP: Find out when, how and where to access PEP.

tht.org.uk/takenarisk

NAM: Up-to-date information about HIV. aidsmap.com

HOMELESSNESS

Shelter: 0808 800 4444 Emergency housing

No Second Night Out: 0300 500 0914

If you are sleeping rough www.streetlink.org.uk

The Albert Kennedy trust: <https://www.akt.org.uk/>

0207 831 6562 safe homes for LGBT for 16- 25s'

Micro Rainbow: LGBT+ asylum seekers & refugees

www.microrainbow.org

Outside Project: <http://lgbtiqoutside.org/> emergency

LGBTIQ+ homeless shelter & center

OTHER

NHS: 111 A 24-hour helpline <https://111.nhs.uk/>

Samaritans: 116 123 <https://www.samaritans.org/>

LGBT+ NUMBERS

London LGBT Domestic Abuse Partnership (DAP)

Galop: LGBT+ Domestic Violence & Abuse Helpline:

0800 999 5428 www.galop.org.uk

Hate crime, sexual violence or domestic abuse helpline

Stonewall Housing: 0207 359 5767 LGBT+ housing

organisation <https://stonewallhousing.org/>

London Friend / Antidote: LGBT+ Counselling,

substance misuse support. www.londonfriend.org.uk

LGBT+ Switchboard: 0300 330 0630 LGBT+ helpline

LAWA: www.lawadv.org.uk support for LBtQ Latin

American and Black Wxmen around DVA: 0207 2750 321

lbtq@lawadv.org.uk

RESPECT: 0808 802 4040 helpline offering advice & support to help you stop being violent and abusive to your partner <http://respectphonenumber.org.uk/>

ELOP: 07908553744 LGBT+ mental health charity & counselling. info@elop.org.uk

Rainbow MIND LGBT mental health issues for LGBTIQ+ community across London & Manchester
<https://www.mindinsalford.org.uk/rainbow-mind-lgbtqi-project>. contact@rainbowmind.org

Sarbat For LGBT Sikhs www.sarbat.net

Imkaan: women's organisation addressing violence against Black and minoritised women and girls

<https://www.imkaan.org.uk/> info@imkaan.org.uk

Hidayah and Imaan: LGBT+ Muslim support groups
www.imaanlondon.wordpress.com imaanlgbtq@gmail.com
info@hidayahlgbt.co.uk. www.hidayahlgbt.co.uk

KeshetUK: supporting Jewish LGBT+ people
<https://www.keshetuk.org/>

Say It Loud Club: LGBT asylum seekers and refugees.
<https://www.sayitloudclub.org/>

Traveller LGBT pride: peer led LGBT traveller support
www.lgbttravellerpride.com

Gendered Intelligence: 0330 3559 678 Support young Trans* people under 21: www.genderedintelligence.co.uk

MindLine Trans Helpline: 0300 330 5468 Mon- Frid, 8pm – 12pm. A mental health emotional support helpline and signposting service for people who identify as Trans+, A gender, non-binary.

METRO: 0208 305 5000 <https://metrocharity.org.uk>
Health, community and youth services experiencing issues around, gender, sexuality, equality, diversity

SASH: 0207 851 2955 West London and Soho hubs offering BME and LGBT+ people counselling & HIV support

LGBT+

SELF HELP SUPPORT

COVID-19 Organising ALL 12 STEP MEETINGS NOW ONLINE



LGBT+ LONDON COVID-19 FREE On Line GROUPS

London LGBTIQ+ COVID19 Mutual Aid

Outside Project Virtual community Center

Facebook: London LGBTIQ+ COVID19 Mutual Aid

For Support: <https://forms.gle/gNwyDoMWTdkD5Q2Z9>

To Volunteer: <https://forms.gle/gf7vQWBGcyWtFC3M6>

SASH: Self care for LGBTQ+ people workshops

Are you struggling in isolation?

Join us in a non-judgemental space to discover what our bodies and minds need to stay healthy during lockdown

For more information to register: <https://bit.ly/sashselfcare>

info@SASHLondon.org

House of Rainbow Facebook: House of Rainbow

info@houseofrainbow.org Support for Black African Men who

love men living with HIV.

Mind Out offer LGBT+ mental health support on online chat,

it's also open in the evenings and weekends:

<https://www.mindout.org.uk/get-support/mindout-online/>

If you are an opiate user and inject make sure you have access to naloxone. Ask your doctor, pharmacist, drug service.

Burrell Street Sexual Health Centre: NO MORE WALK INS

Free sexual health and HIV clinic. Gives out free slamming

packs. Open 7 days a week. Phone helpline: 020 7188 7707

(8.30-4PM) Phone for an appointment

<https://www.burrellstreet.co.uk/>

56 Dean Street <https://dean.st/chemsex-support/>

Our chemsex walk in clinics are closed during the COVID-19

outbreak. They are providing remote support

Antidote helpline: Contact us to discuss your drug or alcohol issues

<https://londonfriend.org.uk/antidote-drugs-alcohol/>

<https://londonfriend.org.uk/antidote-home-care/>

CliniQ: CAMBERWELL: All routine appointments and walk-in services are cancelled. If you have been to the Tuesday CliniQ

service at the Caldecot Centre before and need a hormone injection you can e-mail us at admin@cliniq.org.uk.

We will refer your enquiry to our doctor who will contact you to

discuss your needs. <https://cliniq.org.uk/>

Because a lot of 12 STEP MEETINGS have been ZOOM BOOMED you will need to go into 12 step websites & find links to LGBT+ and BAME zoom meetings: Remember to have video on in waiting

room entering meeting

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TUESDAY

Outside Project LGBT= Homelessness Recovery Group

Tuesdays 4pm-5pm A peer-support group for anyone who has

experienced homelessness in the last two years (this includes

sofa surfing or living in unstable accommodation) . To find out

more please email jesse.ashman@lgbtqioutside.org

A.A: 19:30 - Angel LGBTQ Daily

<https://zoom.us/j/271628066?pwd=WGpjamVNakxOQVYR1B>

[oVnBEVVZDdz09](https://zoom.us/j/271628066?pwd=WGpjamVNakxOQVYR1B)

Meeting ID: 271 628 066

Password: proud

WEDNESDAY

N.A: 19.00 Queer Trans Sex Workers meeting

<https://us04web.zoom.us/j/877650167>

Meeting ID 877 650 167

THURSDAY

A.A:18:30 - West End LGBTQ A.A: 19:00 - Angel LGBTQ+ Step:

<https://zoom.us/j/104544204?pwd=Nkt4b2Y5d1VaQk9rZjNlUa>

[Hl6alkrZz09](https://zoom.us/j/104544204?pwd=Nkt4b2Y5d1VaQk9rZjNlUa)

Meeting ID: 104 544 204

Password: proud

ACA:14.00 –Mens meeting

<https://us04web.zoom.us/j/792355049?pwd=dElTcGdmWlpjL1>

[BZNTYvY2g1bGM3Zz09](https://us04web.zoom.us/j/792355049?pwd=dElTcGdmWlpjL1)

FRIDAY

ACA: 11.00-Women's meeting (SRC, London)

<https://zoom.us/j/308343815>

Password:649948

ACA: 19.30- PoC (People of Colour) meeting

<https://zoom.us/j/883070953>

PW: 000601

SATURDAY

A.A: 16.00 Topic: BME Black and Minority Ethnic AA

<https://zoom.us/j/8188897186>

SUNDAY

ACA: 11:00- Women's Meeting (Fitzrovia, London)

<https://zoom.us/j/478013858> password: 259646 -

12:00 - SRC LGBTQI & Friends Spiritual

Concepts: <https://us04web.zoom.us/j/690054878?pwd=RkpwZ>

[UdWaVlUY3Q2cEM5aWtneE4xdz09](https://us04web.zoom.us/j/690054878?pwd=RkpwZ)

Meeting ID: 690054878, Password: 555938

Meditation, apps & online wellness

Mancs Buddhist Centre,

Monday-Friday @ 1-2pm, led meditation on Zoom

[https://manchesterbuddhistcentre.org.uk/whats-on/online-](https://manchesterbuddhistcentre.org.uk/whats-on/online-lunchtime-meditation/2020-03-26/)

[lunchtime-meditation/2020-03-26/](https://manchesterbuddhistcentre.org.uk/whats-on/online-lunchtime-meditation/2020-03-26/)

8-Step Recovery Meetings: Buddhist teachings to overcome addiction. <https://www.valeriemason-john.com/eight-step-recovery/recovery-meetings-worldwide/>

Radical Dharma: this link you can listen free for 30 days:

Talking Race, Love, and Liberation. By: Rev. Angel Kyodo

Williams, Lama Rod Owens, Jasmine Syedullah

<https://www.audible.co.uk/pd/Radical-Dharma-Audiobook/>

@omgirlalli free daily community meditation

@liberatemeditation free app, specifically by and for POC

@edynloveslife yoga on YouTube led by plus-size instructor

Edyn Jacks

MindShift CBT App: teaches about anxiety

Clear Fear App:

Headspace App: teaches meditation & mindfulness skills.

Liberate meditation App: showcases content & Meditations that is specific to the black community