

LGBTQ+ SERVICES ACROSS GLASGOW CITY

GLASGOW CITY HSCP HAS FUNDED A RANGE OF HEALTH AND WELLBEING SERVICES TO SUPPORT LGBTQ+ PEOPLE

LGBT Youth Scotland, LGBT Health and Wellbeing, and LEAP Sports are committed to the 'no wrong door' approach. That means that we take responsibility to join up our support. If someone is accessing one of our services but needs the support of another, our teams will signpost or refer those people between us to ensure the best possible outcomes. It also means that if you as a practitioner are not sure which of the various groups or services on these pages are the best options or indeed you think a range of options might best suit, you can contact any one of our general referral points to discuss this.





LGBT Youth Scotland is Scotland's national charity for LGBTQ+ young people, aged 13-25. Our services can help LGBTQ+ young people make new friends, feel more connected to their community, pick up new skills, and make positive choices.

OUR SERVICES

We offer weekly youth groups and 1:1 assessed based coaching with a youth worker to help young people achieve their goals. These can be in person at the LGBT Youth Scotland offices 3/2, 30 Bell Street, Glasgow, G1 1LG or on our Pride and Pixels Discord server.

HOW TO REFER INTO US

Please email infobox@lgbtyouth.org.uk or enquire via our website following the links below:

TYG

For trans & nonbinary people aged 16-25

In person | 6-8pm every Monday

lgbtyouth.org.uk/community_groups/tyg-trans-youth-group

STANDOUT

For LGBTQ+ people aged 16-25

In person | 6-8pm every Wednesday

lgbtyouth.org.uk/community_groups/standout

YOGHURT

For LGBTQ+ people aged 13-17

In person | 6-8pm every Tuesday

lgbtyouth.org.uk/community_groups/yoghurt

CTRL+ALT+QUEER

For LGBTQ+ people aged 16-25

Digital | 3-8pm every Tuesday

lgbtyouth.org.uk/community_groups/ctrl-alt-queer





We promote the health, wellbeing and equality of LGBT+ people in Scotland and can be reached in Glasgow via glasgow@lgbthealth.org.uk, 0141 255 1767. Our in-person appointments take place at the Adelphi Centre (room 24), 12 Commercial Road, Glasgow, G5 0PQ.

OUR SERVICES

We offer a range of support services, groups and workshops to improve the social and mental health & wellbeing of LGBTQ+ people living in Glasgow, as well as dedicated support for trans people, asylum seekers and refugees, and people aged 50+. All of our services are free or donation-based, and we offer a mix of online and in-person options. You can self-refer via our website, email, or by calling 0141 255 1767.

MENTAL HEALTH SUPPORT

Includes our counselling service, individual support sessions to help people explore how they're feeling, and a programme of workshops and events to support LGBT+ people to improve their mental health & wellbeing.

lgbthealth.org.uk/services-support/mental-health

REFUGEES AND ASYLUM SEEKERS

Individual support sessions for LGBT+ asylum seekers and refugees in Glasgow (in person, online, email or phone), social groups and information sessions offering legal and practical support with asylum claims and everyday life in Scotland.

lgbthealth.org.uk/services-support/refugees

LGBT+ HELPLINE

We provide emotional support and information to people of all identities under the LGBTQIA+ umbrella. We are also here for the families, partners, friends and supporters of LGBTQ+ people, as well as health and social care professionals who want to be more inclusive.

Opening Hours: Tue/Wed/Thu (12-9pm); Sun (1-6pm)

Helpline Freephone: 0800 464 7000

Helpline Email: helpline@lgbthealth.org.uk

Helpline Live Chat: lgbthealth.org.uk (a red chat box will appear in the corner of the website when available)

TRANS SUPPORT

We offer flexible individual support sessions where people can discuss anything related to gender identity or transitioning and receive practical advice and information. We also deliver a range of events, social meetups and confidence building workshops for trans and nonbinary people, and we have a dedicated trans counselling service

lgbthealth.org.uk/services-support/trans/individual-support

SOCIAL EVENTS

We support a number of community-based groups across Glasgow to help people build connections, access peer support, and try new activities. Our full calendar of events can be found here:

lgbthealth.org.uk/whats-on/

LGBT+ AGE

Free and confidential support for older LGBT+ people (50+) in Greater Glasgow and the Lothians to shape support services and resources, including social events, community activism, and volunteering opportunities.

We offer a telefriending service for older LGBT+ people across Scotland who are isolated:

lgbthealth.org.uk/services-support/older-people/telefriending

We host regular social meetups in Glasgow and online, including our series of 'Coffee Posse' meetups and a monthly social outing:

lgbthealth.org.uk/services-support/older-people/social-support



LEAP Sports Scotland works for greater inclusion for LGBTIQ+ people in sport and against homophobia. We support LGBTIQ+ people across Greater Glasgow and Clyde with a range of opportunities to get active. General referrals can be made via info@leapsports.org

GET OUT GLASGOW

Sport & physical activity community group to help improve mental health and wellbeing

Contact robin@leapsports.org

JUST ACTIVE

LGBTIQ+ refugees and asylum seekers 18+
Mentoring, group/1:1 support, activities

Contact laura@leapsports.org

OUT ON SUNDAYS

LGBTIQ+ adults mainly age 40+, social walking group that meet on Sundays in Glasgow

Contact robin@leapsports.org

TRANS TEAM

Trans, non-binary, intersex people, age 16-25
Outdoor activity and residential learning

Contact remi@leapsports.org

FAMILY SUPPORT GROUP

Gender diverse children age 6-12 and parents
Peer play for children and parent peer support

Contact remi@leapsports.org

INDIVIDUAL SUPPORT

LGBTIQ+ 18+ Greater Glasgow
1:1 support to access physical activity

Contact robin@leapsports.org

TRANS ACTIVE GLASGOW

Trans, non-binary & gender questioning 18+
Opportunities, support and training

Contact mat@leapsports.org

BODYWORKS PROGRAMME

Gender affirming introduction to health and fitness

Contact remi@leapsports.org

NEW GLASGOW CLUB

LGBTIQ+ young people, age 13-18
Physical activity and sports group

Contact remi@leapsports.org

VOLUNTEER PROGRAMME

Access to volunteering opportunities at LEAP Sports, helping to support with skills and personal development

Contact laura@leapsports.org

SPORTS CLUB NETWORK

Glasgow-based clubs, both independent and run directly by LEAP Sports

Club list: leapsports.org/clubs/list

Contact robin@leapsports.org

