

Self Help Resources – Useful sites & Information

Sex & Sexuality

Tea and Consent – A YouTube video explaining what sexual consent is.

www.youtube.com/watch?v=pZwvrXVavnQ

Scarleteen is a site specifically providing sex and relationships information and support for young people.

www.scarleteen.com/

Terrence Higgins Trust – a provider of information about HIV and sexual health.

www.tht.org.uk/

The Beaumont Society is run by and for the transgender, transvestite, transsexual and cross-dressing community and their partners.

www.beaumontsociety.org.uk/

LGBT Cymru Helpline & Counselling Service provides general information, advice and confidential support in many areas of life and around various issues that LGBT people, their family and friends might experience. It has a free helpline, and offers free telephone and e-mail counselling.

www.lgbtcymruhelpline.org.uk/

MindLine Trans+ is a confidential emotional, mental health support helpline and signposting service for people who identify as Trans, A Gender, Gender Fluid, Non-binary. The helpline is also there to offer support and information to family and friends.

<http://mindtws.org.uk/trans-plus/>

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