

Self Help Resources – Useful sites & Information

Sex & Sexuality

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

<https://www.youtube.com/watch?v=pZwvrxVavnQ>

Brook has services across the UK providing free and confidential sexual health services to young people under 25. It has many help and advice pages.

www.brook.org.uk/

Terrence Higgins Trust – a provider of HIV and sexual health services

www.tht.org.uk/

The Beaumont Society is run by and for the transgender 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/

Last updated: Sept 2017