
How can we help?

Maybe there's some questions you need to ask but aren't quite sure who or how to ask, you might be having issues with family or friends because of who you are, or want to be.

You might feel uncomfortable in your own body, or really anxious and scared about going out.

Its O.K, We're Here.

We have all experienced difficult times around our sexuality or gender, and we want to help.

You can ask us the awkward questions, the questions you might think are silly, because we've asked them too!

You can meet us and let all of that worry and frustration out, we will listen and can offer some advice, we can even help with your family, school, college or work if you want us too.

We can even introduce you to other young people that are going through the same kind of things as you if that's what you want.

There's no pressure, we can meet you at a place where you feel comfortable, go at your pace.

Its really important that we do things right, that's why we listen to the you because, after all, you're the one who knows what you need from us.

This is what some of the young people that we have helped so far have said about us...

"If I hadn't had the help I would've just kept going downhill. I was already really low; I would've just got lower and lower. It's brought me back up a lot compared to what it was. It's helped my mental health."

"Strategies to deal with dysphoria were really useful – and coping mechanisms for self-harm. There's always something I can try to help."

"[The service] is really helpful. She [worker] is really understanding and dead supportive. She really listens to me."

What do you say? Time to get in touch?

Your Questions

Does who I live with have to be involved?



If you are not 16 yet and you don't want the person you live with to know, sometimes we can still work with you, speak to your worker about this.

If you are over 16 then you can decide if you want them involved, we would always like for them to be involved, but it's your decision, not ours.

I just want to meet other people like me



You can choose whether you want 1-2-1 support, if you want to come to our group sessions or a mix of both, it's up to you.

How do I get a worker?



You can call us; 01325 731 160

You can email us; lgbt@humankindcharity.org.uk

You can go through Facebook; [lgbtnortheasthkc](https://www.facebook.com/lgbtnortheasthkc)

We can contact you by text, phone call, email or letter, you choose which one you want us to contact you by when you get in touch with us.

What if I don't like it?



It's up to you if you want to work with us, you don't have to.

If it's not for you just let us know—you can text us if it's easier, and you will no longer be a part of the service.

I need extra support, can you work with me?



Yes, we have experience working with people with neurodivergencies (like autism and ADHD), disabilities and mental health conditions.

When you have any of these, you can tell us if you want to! It might help us support you better. When we don't know enough about these things, we will find someone who does.

No-one Understands Me

We do, our workers have lived experience...



Our Newcastle worker is trans and they use the pronouns she/they. She transitioned over 10 years ago now, and this is her story;

My parents didn't understand my identity or how I felt about myself, and I was very badly bullied at school for being different to everyone else.



I always knew I was different to other people and that I felt female on the inside, even though I looked male on the outside, but it wasn't until I was 15 and saw a documentary about a trans woman that I knew people like me had a name, or even that other people like me existed.



I had gender dysphoria and hated my body so much, It really affected my mental health because it was hard to have to go through life trying to pretend I was something and someone that I knew I wasn't.

I finally plucked up the courage to come out and to tell my friends when I was 19, and most people didn't understand, they told me I couldn't be female, and that I should just live as a gay guy, but I knew this wasn't true, I knew myself, and knew that unless I found my own truth, I'd never be happy and free.

I finally found a trans support group where there were other trans people who had felt like me and were going through all the same experiences I had gone through. With their support I eventually got to go to the gender clinic, got a therapist, and started my transition.



It was very hard work, but things improved over time, and eventually I made changes to my body with hormones and surgery.

Transition doesn't work out for everyone, but it did for me, it made such a difference getting good support and real advice, it really changed my life!

It's been over 12 years since I began that journey, I no longer hate my body now, and I feel like a different person (because I am).

This is why I do the job I do now, because I love helping young LGBT+ people to be real and live as themselves because we all deserve to be happy and free.



Get in Touch

We want to help, we're not here to judge, get in touch to start getting support.

For young people aged 11 to 25 years

We offer

One to one support
Group support
Family support
Activities

For more information

call: **01325 731160**

email: **lgbt@humankindcharity.org.uk**

f: [lgbtnortheasthk](https://www.facebook.com/lgbtnortheasthk)

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