

# **WELFARE RESOURCES FOR TRANS FOLK IN EDINBURGH**

**Resisting Transphobia in Edinburgh**

# Contents

**Last Updated: 11/06/2025**

<b>LGBT/TRANS HELPLINES AND LIVE CHATS .....</b>	<b>1</b>
<b>LOCAL CRISIS AND MENTAL HEALTH SUPPORT .....</b>	<b>2-3</b>
<b>LOCAL LGBT CHARITABLE ORGANISATIONS .....</b>	<b>4</b>
<b>FREE/LOW-COST COUNSELLING SERVICES .....</b>	<b>5</b>
<b>FREE ADVICE AND ADVOCACY .....</b>	<b>6-7</b>
<b>EDINBURGH BASED TRANS THERAPISTS AND COUNSELLORS .....</b>	<b>8-9</b>
<b>GENERAL SERVICES .....</b>	<b>10-11</b>
<b>SERVICES TO AVOID .....</b>	<b>12</b>



# LGBT/Trans Helplines and Live Chats

1

## LGBT+ Helpline Scotland (LGBT Health and Wellbeing)

- Tel: 0800 464 7000
- Email: [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)
- Opening Times: Tuesdays 12-9pm , Wednesdays 12-9pm , Thursdays 12-9pm , Sundays 1-6pm

## LGBT Switchboard

- Tel: 0800 011 9100
- Webchat: [switchboard.lgbt](https://switchboard.lgbt)
- Opening Times : 10am-10pm Everyday

## TRUK Listens (Helpline for Trans people)

- Tel: 0800 009 6640
- Website: [truklistens.org](https://truklistens.org)
- Opening Times: 8am-12am Everyday

## Galop (for LGBT+ people experiencing abuse or violence)

- Tel: 0800 999 5428
- Email: [help@galop.org.uk](mailto:help@galop.org.uk)
- Opening Times o Monday – 9:15am to 8pm , Tuesday – 9:15am to 8pm , Wednesday – 9:15am to 4:30pm , Thursday – 9:15am to 4:30pm . Friday – 9:15am to 4:30pm
- Closed on weekends, the helpline will close for 1 hour each day at 1pm and open again at 2pm.

## Mermaids (for LGBTQ+ youth and carers of)

- Tel: 0808 801 0400
- Webchat: [mermaidsuk.org.uk/support-line](https://mermaidsuk.org.uk/support-line)
- Opening Times: Monday – Friday, 1pm – 8:30pm

## MindOut

- Webchat: [mindout.org.uk/get-support/mindout-online](https://mindout.org.uk/get-support/mindout-online)
- Opening Times: every Monday: 3:00pm – 5:00pm (aim to provide volunteers who are People of Colour) , every Tuesday: 3:00pm – 5:00pm (aim to provide volunteers who are Trans/Non-binary) , every Wednesday: 3:00pm – 5:00pm (general LGBTQ support)

# LOCAL CRISIS AND MENTAL HEALTH SUPPORT

## 2

These services are not trans or queer specific, however they have been confirmed by members of the RTiE community as being trans friendly. Your experience may differ, however.

### Edinburgh Crisis Centre

- 24/7 Crisis Support. Offer in person 1:1s and crisis house in Leith
- Crisis is self-defined.
- Website: [edinburghcrisiscentre.org.uk](http://edinburghcrisiscentre.org.uk)
- Phone: 0808 801 0414
- Text: 07974429075
- Email: [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

### IThrive

- Drop-ins at GPs and health centres across the city. You have an initial conversation and then they assess your suitability for services and can refer you
- Website: [ithriveedinburgh.org.uk/thrive-welcome-teams/](http://ithriveedinburgh.org.uk/thrive-welcome-teams/)

### Health in Mind

- Offer a range of free mental health support including Trauma therapy, support groups and peer support. Waitlists are large for services except groups (as per email correspondence April 2025), do not recommend if you are needing urgent help. Enquire to find out support offered and current wait-times
- Website: [health-in-mind.org.uk/how-we-can-help/support](http://health-in-mind.org.uk/how-we-can-help/support)

### Link Living

- A charity that offers mental health support. You can be assigned a support worker who will work with you to create a support plan and will come to your home. They can offer advice, guidance and support on a varied range of topics including relationships, budgeting, health, employment, training and benefits
- Website: [linkliving.org.uk/home](http://linkliving.org.uk/home)

### Mental Health Information Station

- Free weekly, friendly drop-in for those with mental health issues or those who support someone with mental health issues
- Opening Times: 11am-3pm, every Thursday
- Address: St Mary's Cathedral, Walpole Hall, Palmerston Place, Edinburgh EH12 5AW

# LOCAL CRISIS AND MENTAL HEALTH SUPPORT

3

## The Stafford Centre

- The Stafford Centre is a community resource for people experiencing mental health difficulties living in the Edinburgh area.
- Hosts various music and art groups
- Tel: 0131 557 0718
- Email: [staffordcentre@changemh.org](mailto:staffordcentre@changemh.org)

# LOCAL LGBT CHARITABLE ORGANISATIONS

4

## **LGBT Health and Wellbeing**

- Offer 1:1 transition support
- Can help access transition grants, help accessing healthcare and general support.
- Free counselling service (Currently closed to referrals)
- LGBT+ Helpline
- Hold trans social and community events such as Trans Nonbinary reading groups, Edinburgh Trans Women, T Time, Edinburgh Trans Choir
- Services for older people such as Age Action and New Scots
- Services and groups for LGBTQ+ Parents

## **Scottish Trans**

- Community groups and peer support across Scotland
- Groups in Edinburgh: Non-Binary Edinburgh, Edinburgh Trans Women, Trans Masculine Scotland and Our Tribe

## **LGBT Youth Scotland (for ages 13-25)**

- Offer 1:1 support with a youth worker
- Support Groups
- Beyond Gender for Trans 16-25 year olds
- Discord chat Pride and Pixels
- Information for Trans youth on transitioning

## **CAPS Advocacy**

- LGBTQI+ collective advocacy group for breaking down barriers to accessing services

## **LEAP Sports Scotland**

- Directory of Trans and LGBT+ Sports groups in Scotland and Edinburgh such as Trans Active Edinburgh, Misfits Lift Club, Trans Swimming Sessions, T Climbing

# FREE/LOW-COST COUNSELLING SERVICES

5

## **Counselling in Communities (CoCo)**

- Varied rates - affordable (pay what you can afford)
- Student rates (£35) and fee-paying (£60)
- Website: [cocoed.org.uk](http://cocoed.org.uk)

## **Wellspring Scotland**

- Long-term therapy, from £40 a session
- Website: [wellspring-scotland.co.uk](http://wellspring-scotland.co.uk)

## **Arkordia**

- Donation based counselling service
- Website: [arkordia.org](http://arkordia.org)

## **PF Counselling**

- They have a team of counsellors who give their time voluntarily, offering 50 minute sessions.
- Website: [pfcounselling.org.uk](http://pfcounselling.org.uk)

## **Saheliya (For BME women/girls)**

- Free counselling for women/girls of colour (also include non-binary individuals)
- Also offer support for issues that may contribute to poor mental health such as housing concerns, finances, immigration, health care, abuse and hate crimes

## **Lothian Deaf Counselling Service**

- Free, confidential counselling service for those aged 18 or over who are Deaf, deafened, hard of hearing, or deafblind throughout Edinburgh and the Lothians.
- Tel: 0131 225 8508

## **Hope Park Counselling service**

- Free counselling provided by counsellors in training at UoE
- Available to 16+, not available to staff or students at UoE
- Website: [health.ed.ac.uk/hope-park-counselling-centre](http://health.ed.ac.uk/hope-park-counselling-centre)



# FREE ADVICE AND ADVOCACY

6

## **Citizens Advice**

- Advice on welfare rights (benefits), debt, budgeting, housing, energy, immigration, employment, consumer rights, and health
- Website: [citizensadviceedinburgh.org.uk](http://citizensadviceedinburgh.org.uk)

## **Community Renewal Trust**

- Offers support on health, housing, education, employability, and more
- Website: [communityrenewal.org.uk](http://communityrenewal.org.uk)

## **Advocard Advocacy service**

- User-led, independent advocacy organisation for those experiencing mental illness in Edinburgh. They provide individual and collective advocacy to help people participate more effectively in decisions that affect all aspects of their lives
- Website: [advocard.org.uk](http://advocard.org.uk)
- Tel: 0131 554 5307

## **Minority Ethnic Health Inclusion Project (MEHIP)**

- Provides free, confidential advice, information and support to black, minority ethnic and refugee communities
- Address: Springwell House, Ardmillan Terrace, Edinburgh EH11 2JL
- Phone: 0131 537 756

## **The Mental Welfare Commission for Scotland**

- An independent organisation working to safeguard the rights and welfare of everyone with a mental illness, learning disability or other mental disorder
- Address: Thistle House, 91 Haymarket Terrace, Edinburgh EH12 5HE
- Website: [mwscot.org.uk](http://mwscot.org.uk)
- Email: [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)
- Advice Line: 0800 389 6809



# FREE ADVICE AND ADVOCACY

7

## **CAPS Independent Advocacy**

- Collective advocacy groups including LGBT+, minority ethnic and Oor Mad
- Individual advocacy workers who can prepare for and attend meetings and get the information you need to help you make your own choices and understand your options
- Website: [capsadvocacy.org](http://capsadvocacy.org)

## **Partners in Advocacy**

- Provide independent advocacy for young people (12-15), adults (aged 16+) with learning disabilities, autism, and physical disabilities and adults aged 65 and over
- Website: <https://www.pia.scot>

## **FearFree**

- FearFree offers support to men (including trans men) and those in LGBT+ community (including lesbian/bisexual women, gay/bisexual men and non-binary people) FearFree workers can offer a range of support including safety planning, emotional support, advocacy, mentoring, practical support with housing, employment/education, and assistance to access appropriate benefits
- They can offer a one-to-one case worker who can provide support based on your needs and goals
- Contact for a referral: [fearfreessinfo@sacro.org.uk](mailto:fearfreessinfo@sacro.org.uk) or 0131 624 7266

# EDINBURGH BASED TRANS THERAPISTS AND COUNSELLORS

8

## Trans Therapists

### Han Smith

- £60 per session
- Website: [carnationcounselling.co.uk](http://carnationcounselling.co.uk)

### Lisa Morrison

- Free consultation, £65 for online, £75 for in person
- Website: [seahorse.care](http://seahorse.care)

### Joey Blomqvist Almbring

- Sliding scale £65 to £80, Free initial session
- Website: [pinktherapy.com/therapist-directory/carin-josephine-blomqvistalmbring](http://pinktherapy.com/therapist-directory/carin-josephine-blomqvistalmbring)

## Trans Friendly Therapists

### Stasha Morgan-Appel

- £30 initial session, £60 for subsequent
- Website: [sites.google.com/view/stasacandp](http://sites.google.com/view/stasacandp)

### Eleanor K Counselling

- £50 initial session, £65 for regular appointments
- Website: [eleanorkcounselling.co.uk](http://eleanorkcounselling.co.uk)

### Jamie Lawson

- £60 standard, £50 reduced rate
- Website: [jamielawsoncounselling.com](http://jamielawsoncounselling.com)

### Sally Counselling

- Free introductory call, in-person only on Wednesdays, £65 per session
- Website: [sallycounselling.com](http://sallycounselling.com)

# EDINBURGH BASED TRANS THERAPISTS AND COUNSELLORS

9

## Tasim Martin

- £90 sessions and reduced rates
- Website: [tasimmartin.co.uk](http://tasimmartin.co.uk)

## Queer Online Therapy

- Free initial session, £55 for online appointments
- Website: [queeronlinetherapy.com](http://queeronlinetherapy.com)



# GENERAL SERVICES

10

## Housing

### Shelter

- Housing advice
- Online chat Monday to Friday 9am-4pm
- Helpline Monday to Friday 9am-5pm
- Website: [scotland.shelter.org.uk](http://scotland.shelter.org.uk)

### Living Rent

- Scotland's tenants' union
- Website: [www.livingrent.org](http://www.livingrent.org)

### Rock Trust (for 16-25 year olds)

- Housing funds and help covering deposits
- Website: [rocktrust.org](http://rocktrust.org)

## Employment

### Community Renewal Trust Skills Development Scotland

## Benefits

### Voiceability

- Support to access benefits in Scotland
- Website: [voiceability.org](http://voiceability.org)

# GENERAL SERVICES

11

## Financial

Turn2Us  
Step Change

## Food Banks and Food Initiatives

Edinburgh Food Project  
Edinburgh Community Food  
Shrub Co-Op  
Edinburgh City Mission Foodbank+ Network

## Legal

Trans Legal Clinic

- Grassroots, trans-led free legal clinic
- Website: [translegalclinic.com](https://translegalclinic.com)

## Physical

Sapphic Bison

- Grassroots Organisation Provide low-cost blood testing kits to trans and non-binary people in the UK.
- Website: [sapphicbison.org](https://sapphicbison.org)

# SERVICES TO AVOID

12

These services have been flagged by members of RTiE for transphobia

## **Trauma Edinburgh**

- Flagged multiple times on RTiE server as being affiliated with LGB Alliance and Transphobic language
- Website: [trauma-edinburgh.co.uk](http://trauma-edinburgh.co.uk)



## **Resisting Transphobia in Edinburgh**

**If you would like to add a resource please join the  
RTiE Welfare Resources channel on Discord**

**Last Updated: 11/06/2025**