WELFARE RESOURCES FOR TRANS FOLK IN EDINBURGH

Resisting Transphobia in Edinburgh

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LGBT/Trans Helplines and Live Chats

LGBT+ Helpline Scotland (LGBT Health and Wellbeing)

- Tel: 0800 464 7000
- Email: 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
- Opening Times : 10am-10pm Everyday

TRUK Listens (Helpline for Trans people)

- Tel: 0800 009 6640
- Website: truklistens.org
- Opening Times: 8am-12am Everyday

Galop (for LGBT+ people experiencing abuse or violence)

- Tel: 0800 999 5428
- Email: 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
- Opening Times: Monday – Friday, 1pm – 8:30pm

MindOut

- Webchat: 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
- Phone: 0808 801 0414
- Text: 07974429075
- Email: 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/

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

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

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

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

LOCAL LGBT CHARITABLE ORGANISATIONS

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

Counselling in Communities (CoCo)

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

Wellspring Scotland

- Long-term therapy, from £40 a session
- Website: wellspring-scotland.co.uk

Arkordia

- Donation based counselling service
- Website: arkordia.org

PF Counselling

- They have a team of counsellors who give their time voluntarily, offering 50 minute sessions.
- Website: 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 18+, not available to staff or students at UoE
- Website: health.ed.ac.uk/hope-park-counselling-centre

FREE ADVICE AND ADVOCACY

Citizens Advice

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

Community Renewal Trust

- Offers support on health, housing, education, employability, and more
- Website: 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
- 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: mwcscot.org.uk
- Email: enquiries@mwcscot.org.uk
- Advice Line: 0800 389 6809

FREE ADVICE AND ADVOCACY

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

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 or 0131 624 7266

EDINBURGH BASED TRANS THERAPISTS AND COUNSELLORS

Trans Therapists

Han Smith

- £60 per session
- Website: carnationcounselling.co.uk

Lisa Morrison

- Free consultation, £65 for online, £75 for in person
- Website: seahorse.care

Trans Friendly Therapists

Stasha Morgan-Appel

£30 initial session, £60 for subsequent
Website: sites.google.com/view/stasacandp

Eleanor K Counselling

- £50 initial session, £65 for regular appointments
- Website: eleanorkcounselling.co.uk

Jamie Lawson

- £60 standard, £50 reduced rate
- Website: jamielawsoncounselling.com

Joey Blomqvist Almbring

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

Sally Counselling

- Free introductory call, in-person only on Wednesdays, £65 per session
- Website: sallycounselling.com

EDINBURGH BASED TRANS THERAPISTS AND COUNSELLORS

Tasim Martin

- £90 sessions and reduced rates
- Website: tasimmartin.co.uk

Queer Online Therapy

- Free initial session, £55 for online appointments
- Website: queeronlinetherapy.com

GENERAL SERVICES

Housing

Shelter
- Housing advice
- Online chat Monday to Friday 9am-4pm
- Helpline Monday to Friday 9am-5pm
- Website: scotland.shelter.org.uk

Living Rent
- Scotland's tenants' union
- Website: www.livingrent.org

Rock Trust (for 16-25 year olds)
- Housing funds and help covering deposits
- Website: rocktrust.org

Employment

Community Renewal Trust
Skills Development Scotland

Benefits

Voiceability
- Support to access benefits in Scotland
- Wesbite: voiceability.org

GENERAL SERVICES

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

Physical

Sapphic Bison

- Grassroots Organisation Provide low-cost blood testing kits to trans and non-binary people in the UK.
- Wesbite: sapphicbison.org

SERVICES TO AVOID

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
- Wesbite: 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

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