

Appendix 3

Further Information and Support

Internal

LGBTQI+ Staff Network can offer support, information and social activities

SilverCloud - Employee Assistance Programme is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.

External

Stonewall is a lesbian, gay, bisexual and transgender rights charity in the UK

Education Support Partnership offer free confidential help and support, no matter what the problem. Their trained counsellors are available 24/7 to everyone working in education and is available UK wide on 08000 562 561.

The Beaumont Society is a support network that promotes better understanding of the conditions of transgender, transvestism and gender dysphoria.

Depend is an organisation that offers free, confidential and non-judgmental advice, information and support to all family members, partners, spouses and friends of trans people.

Equality and Human Rights Commission is a statutory body with responsibility for protecting, enforcing and promoting equality across all nine protected characteristics.

The Gender Trust is an authoritative centre for professional people who are dealing with gender-identity related issues during their time in work.

Mermaids UK provides support and information for children and teenagers who are trying to cope with gender identity issues, and for their families and carers.

Transgender Zone is an online resource that covers all aspects of transgender issues, including a section specifically for female-to-male trans people.