



## **Pressure Drop - Full List of External Mental Health & Wellbeing Services For Marginalized Communities**

### **The Empowerment Group**

A charity that understands the cultural importance of Black therapists supporting their communities. They offer heavily subsidised online one to one counselling sessions for Black individuals in the UK aged 18+, in addition to training services for groups and individuals of all backgrounds.

Website: <https://www.theempowermentgroup.co.uk/>

### **The Black, African and Asian Therapy Network (BAATN)**

The largest communities of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK.

Website: [www.baatn.org.uk](http://www.baatn.org.uk)

Email: [administrator@baatn.org.uk](mailto:administrator@baatn.org.uk)

### **Bayo**

A space to find collectives, organisations and services from across the UK, Bayo is created by and for the Black community to support mental health and wellbeing.

Website: <https://www.bayo.uk/>

### **Black Minds Matter UK**

An organisation that aims to ensure that Black people in the UK can access mental health support, by helping Black people and families across the nation to find professional mental health services, in addition to raising money to help cover the cost of such services.

Website: [www.blackmindsmatteruk.com](http://www.blackmindsmatteruk.com)

Online enquiry form: [www.blackmindsmatteruk.com/connect](http://www.blackmindsmatteruk.com/connect)

## **Imaan**

A charity that supports lesbian, gay, bisexual, trans, queer or questioning (LGBTQ) Muslims, providing an online forum where people can share experiences and ask for help.

Website: <https://imaanlondon.wordpress.com/>

## **LGBT Health & Wellbeing**

A unique community initiative that promotes the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people in Scotland, through support, services and information.

Phone (Glasgow): 0141 271 2330

Phone (Edinburgh): 0131 523 1100

## **LGBT Foundation**

Offers information, advice and support services, including a Talking Therapies Programme to LGBT people.

Phone: 0345 3 30 30 30

## **Switchboard LGBT+ Helpline**

Switchboard provides a listening service for LGBT+ people over the phone, via email and online chat. It can provide you with contact details of an LGBT-friendly therapist.

Website: <https://switchboard.lgbt/about-us/who-to-contact>

## **London Friend**

London Friend's aim is to improve the health and mental wellbeing of Lesbian, Gay, Bisexual and Transgender people (LGBT) in and around London.

Phone: 020 7833 1674

## **MindOut**

Lesbian, Gay, Bisexual, Trans & Queer mental health service, run by and for LGBTQ people.

Website: <http://mindout.org.uk>

## **Mind: Young Black Men**

This is a programme which works specifically with young Black men aged between 11 and 30 years old.

Phone: 0300 123 3393

Email: [equality@mind.org.uk](mailto:equality@mind.org.uk)

## **Muslim Youth Helpline**

Faith and culturally sensitive support by phone or live chat, offering non-judgemental, confidential support 7 days a week, 365 days a year, including Bank Holidays and Eid.

Website: <https://myh.org.uk>

## **Nilaari**

A Black, Asian and Minority Ethnic (BAME) led community-based charity which deliver culturally appropriate and responsive social care support and talking therapies. All services are designed to support their client's emotional wellbeing and mental health.

Website: <https://nilaari.co.uk/>

## **Pink Therapy**

Pink Therapy has an online directory of therapists who work with people who are lesbian, gay, bisexual, transgender, intersex and queer or questioning (LGBTIQ), and people who are gender-and sexual-diverse (GSD).

Website: <http://pinktherapy.com>

## **Scope**

Disability equality charity in England and Wales, which provides practical information and emotional support for disabled people when it's most needed.

Website: <http://www.scope.org.uk>

## **Sign Health**

A charity led by a Deaf team, which aims to improve health and wellbeing of deaf people.

Website: <http://signhealth.org.uk>

## **Spokz People**

A not-for-profit social enterprise which aims to enable more disabled people and their family members to access disability-affirming psychological support. Spokz People also run an online wellbeing programme covering a variety of issues, including physical and mental health.

Website: <https://spokzpeople.org.uk/support-for-you-yours/>

## **Taraki**

A non-profit working with Punjab communities to create spaces where everyone can access mental health awareness, education on mental health and support to help care for themselves and others.

Website: <https://www.taraki.co.uk>