



WILF Support resources

If you have been affected by any of the themes or content of this performance, there are organisations who are able to support you. We've included details of a selection of local charities below, but there are many more available.

LGBT Health and Wellbeing

Promoting the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT+) adults (16+) in Scotland. They welcome the entire diversity of our LGBT+ community including non-binary, queer, intersex, asexual people and all identities under the LGBTQIA+ umbrella.

Helpline 0300 123 252 (open Tue & Wed 12 – 9PM, Thu & Sun 1-6PM)

ROAM

A community-based, outreach sexual health service working across Lothian with cis/trans gay, bisexual and other men who have sex with men (MSM).

roam-outreach.com | 0131 536 1773 | 07774 628227 | enquiries@roam-outreach.com

LGBT Helpline Scotland

Offer support with all kinds of issues, as well as sexual orientation and gender identity. If you are LGBTQ+ and the current pandemic is affecting you, they are here to offer you a friendly ear as often and as regularly as you need it. They provide information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. They are also here to support those questioning or wanting to discuss their sexuality or gender identity.

lgbthealth.org.uk | 0300 123 2523 | helpline@lgbthealth.org.uk

Samaritans

Whatever you're facing, a Samaritan will face it with you. Samaritans are here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis. We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives. We offer listening and support to people and communities in times of need.

The Samaritans phone line is free, available 24/7 and will not appear on bills.

samaritans.org | 116 123 | jo@samaritans.com

SAMH (Scottish Association for Mental Health)

SAMH operates over 60 services in communities across Scotland. Their services are person centred and based on an ethos of recovery. Some of the types of services they offer across Scotland include therapeutic horticulture, peer support, employability, community engagement, homelessness, addictions, active living, suicide prevention, supported accommodation, mental health outreach.

For details of our local services get in touch on 0141 530 1000, available 9am to 5pm, Monday to Friday.

samh.org.uk | 0141 530 1000 (Mon-Fri)

LGBT Youth Scotland

Is Scotland's national charity for LGBTI young people, working with 13–25 year olds across the country, and also deliver the LGBT Charter programme to schools, organisations and businesses. Their goal is to make Scotland the best place to grow up for lesbian, gay, bisexual, transgender and intersex young people and play a leading role in the provision of quality youth work to LGBTI young people that promotes their health and wellbeing.

If you are a young person looking for support, information or advice you can chat with our Digital Youth Work Team by emailing info@lgbtyouth.org.uk.

Find out more about online support and other ways to be in touch here: lgbtyouth.org.uk/chat

Bipolar Scotland

Founded in 1992, Bipolar Scotland is the national charity for everyone who lives with bipolar disorder and those who care for them. They challenge stigma and discrimination while representing the views of people who live with bipolar to politicians and health professionals; run self-help groups throughout Scotland; provide training courses on how to self-manage bipolar; and provide useful information on everything to do with bipolar.

bipolarscotland.org.uk | 0141 560 2050 | info@bipolarscotland.org.uk

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