

# LGBTQ+ Resources During COVID-19

## Other Support Lists

- There are lists of support available through both Stonewall  
<https://www.stonewallscotland.org.uk/about-us/news/covid-19-%E2%80%93-how-lgbt-inclusive-organisations-can-help> and LGBT Health and Wellbeing Scotland  
<https://mailchi.mp/lgbthealth.org.uk/village-voices-covid-3?e=e23c8b0043> as well as from LGBTYS  
<https://www.lgbtyouth.org.uk/our-services-for-young-people/> for those who are under 25.
- There is also the following interactive map of services in Edinburgh:  
<https://edinburghcouncil.maps.arcgis.com/apps/webappviewer/index.html?id=3f516cd826d04c76ad3e93d41be48341>
- And this wonderful resource list for LGBTQIA+ young people <https://padlet.com/ceridwen/LGBTresources>

## Material Support

- We know that the ongoing crisis is proving particularly difficult for members of our community. If you are having trouble getting access to food here is a list of Trussel Trust foodbanks where you can collect food (and for those of us who are doing better, we can donate)  
<https://www.trusselltrust.org/get-help/find-a-foodbank>
- Citizens Advice Scotland  
<https://www.citizensadvice.org.uk/scotland/health/coronavirus-what-it-means-for-you>
- Mutual Aid Trans Edinburgh (MATE) is offering direct support by and for queer and trans people in Edinburgh

[https://twitter.com/mate\\_edinburgh](https://twitter.com/mate_edinburgh)

- Pink Saltire are offering support through Dorothy Relief  
<https://twitter.com/dorothyrelief>

## Groups

- Edinburgh Trans Women have moved their monthly meeting for all trans women at whatever stage of their transition to Zoom. You can contact them if you would like to join at [info@edinburghtranswomen.org.uk](mailto:info@edinburghtranswomen.org.uk)

## Exercise Classes

- Dance Base have made all their classes online and free during lockdown  
<https://www.dancebase.co.uk/classes/online-classes/>
- You can book into LGBTQ+ community yoga classes online from £1- £10 dependent on how much you can afford to pay at Edinburgh Community Yoga  
<http://edinburghcommunityyoga.co.uk/book-a-class/buy-wednesday-evening-lgbtq-yoga/>

## Helplines and Support

- SAMH Helpline  
<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub>
- LGBT Helpline <http://www.lgbt.foundation/helpline>
- Mindline Transplus  
<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/> (the link says Bristol but it serves the whole UK)
- Center for Countering Digital Hate  
<https://www.counterhate.co.uk/dont-feed-the-trolls> A Practical Guide to Dealing With Hate on Social Media