

Further support:

Navigating your own feelings when your young person identifies differently from what you expected can be deeply emotional. It's okay if you're feeling confused, unsure, or even upset; these reactions don't make you a bad parent. What matters most is your willingness to listen, learn, and keep showing love. You don't have to have all the answers, and it's normal to need support as you process this journey too. The organisations that follow offer guidance, information, and a safe space to talk things through;

FFLAG (Families and Friends of Lesbians and Gays)

Website: www.fflag.org.uk

A UK charity offering support to parents and families of LGBTQIA+ people. They offer downloadable resources like "A Guide for Family and Friends" and stories from other parents. The site includes a helpline and email support.

Stonewall (coming out and parent support)

Website: www.stonewall.org.uk

Their guide includes advice for young people and also insights for families wanting to respond supportively. The site offers advice on how to talk and listen without judgment.

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Mermaids (Supporting Trans, Non-Binary & Gender-Diverse Young People)

Website: www.mermaidsuk.org.uk

Offers support for families of transgender, non-binary, and gender-questioning young people. The site has a parents-only helpline, a secure online forum, and webinars for families. It's great for those who are confused, emotional, or seeking to better understand gender diversity.

The Proud Trust – Parents & Carers Resources

Website: www.theproudtrust.org

The site offers resources to help families understand and support LGBTQIA+ identities. The site is based in the North West of England but nationally accessible, and it offers practical FAQs, video resources, and youth-led advice.

MindOut – LGBTQ+ Mental Health Support

Website: www.mindout.org.uk

While aimed at LGBTQ+ people themselves, MindOut has resources and referrals that could support parents struggling with their own emotions or confusion.

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