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| LGBT Youth Scotland - <https://www.lgbtyouth.org.uk/> | LGBT Youth Scotland provides quality youth work to LGBTI young people and works in partnership for LGBTI equality and human rights. They have lots of useful information and leaflets on their website, as well as online chat services with youth workers. |
| Stonewall Scotland - <https://www.stonewallscotland.org.uk/> | Stonewall Scotland campaigns for the equality of lesbian, gay, bi and trans people across Britain. They have lots of useful information and leaflets on their website. |
| Tie Campaign (Time for Inclusive Education) - <https://www.tiecampaign.co.uk/our-work> | The TIE Campaign successfully campaigned for lgbt inclusive education in Scotland. They have lots of great resources about lgbt equality and support, as well as a page with useful links for info and support if you are worried about the current coronavirus spread. |
| Mermaids - <https://mermaidsuk.org.uk/> | Supporting gender diverse children, young people and their families. Lots of useful information for parents and young people. |
| Childline - <https://www.childline.org.uk/> or download from the app store or call 0800 11 11 | You can contact childline about anything, from thinking about suicide to even ordering a pizza! If you don’t want to talk on the phone, they have instant messaging with a counsellor and lots of tips online |
| Sandyford Young People - <https://youngpeoples.sandyford.org/> | Sexual health, relationships and parenthood information for young people aged 13 plus. There is a link to leaflets for P6/7 pupils. |