

Support for children and young people, and their families following the Independent Review of Gender Identity Services for Children and Young People

The independent Cass Review commissioned by NHS England and NHS Improvement made recommendations on the services provided to children and young people who are exploring their gender identity or experiencing gender incongruence.

While [changes are being implemented as a result of the review](#), we know many families, children and young people in Sussex are looking for emotional wellbeing and mental health care to support them.

Where to go for help

Gender identity specific support

- [Allsorts Youth Project](#) listens to, connects and supports children and young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+) and their families. Allsorts Youth Project provides support for young people aged 11-17 who are accessing Gender Incongruence Service for children and young people or on the waiting list.
- [Gendered Intelligence](#) 1:1 & group support for trans CYP age 8-25; and phonenumber for parents & carers
- [Galop](#) helpline for LGBT+ people aged 13+ experiencing violence/abuse/conversion therapy, as well as friends, family or professionals
- [Switchboard](#) is a charity that supports and connects lesbian, gay, bisexual, trans and queer communities.

For over 18 years

- A Transgender Non-Binary and Intersex (TNBI) Locally Commissioned Service (LCS) is in place for people aged 17 and over. The LCS aims to improve the experience of TNBI patients in accessing utilising health services; reduce health inequalities through the delivery of structured, supportive, and integrated physical and mental health care; improve access to hormonal therapy where appropriate; offer annual reviews of physical, mental and sexual health; improve access to appropriate national cancer screening programmes; and improve awareness and training of general practice staff. For more information on this, please speak to your GP Practice.
- [MindOut](#) is a mental health service run by and for lesbian, gay, bisexual, trans, and queer (LGBTQ) people.
- [The Clare Project](#) is run by and for trans, non-binary, gender-variant and gender-questioning people in Sussex. It runs psychosocial support groups, information sessions, workshops and excursions, as well as providing information and training for individuals and organisations on community needs, and connecting people to affirmative peer support, psychotherapy and healthcare.

Feeling low, down or depressed?

- YoungMinds Parent Helpline: 0808 802 5544 (free to call, Monday-Friday, 9.30am-4pm)
- Samaritans: 116 123 (free to call, 24hrs a day, 7 days a week)
- YoungMinds Crisis Messenger: text YM to 85258 (24 days a day, 7 days a week)
- <https://e-wellbeing.co.uk/> a digital service for young people in Sussex
- <https://www.sussexcamhs.nhs.uk/> mental health and emotional wellbeing information

- <https://www.nhs.uk/every-mind-matters/supporting-others/> tools to manage and improve mental health
- <https://www.youngminds.org.uk/> UK's mental health charity for children and young people
- <https://mindedforfamilies.org.uk/> a free mental health learning resource

Seeing a significant change in your child's behaviour (such as regularly reduced sleeping, eating or socialising, difficulty with attention and concentration)?

- Contact the Sussex Mental Healthline via NHS 111 and select the mental health option to talk to someone now.

Feeling unable to cope, or in crisis

- If you need immediate support for your child's or parent / carer's mental health and/or are concerned about the safety of your child or parent / carer, please dial 999 and ask the operator for an ambulance or go to your nearest A&E department.