

Go to's for

SUPPORTING YOUR LGBTQIA+ CHILD

Manage Feelings

You may have mixed feelings. Your feelings may change over time, as your child explores their identity and preferences. Do acknowledge all your feelings and talk to someone you trust, if you need to, but pause and recognise that at times you may also need to focus more on supporting your child and their range of emotions and needs.

stay Connected

Having open conversations, along the journey with your child will be good for your ongoing relationship. They may experience or be anxious about potential judgement from other people so they need to know they can come to you for unconditional support. Invest time into doing activities with them they enjoy.

Find Safe Spaces

Look for people with lived experiences who can offer help and advice. Make use of organisations & support groups. Phone our helpline if you would simply like a listening ear or specific help on staying connected with your child. We have useful resources we will happily send to you.

Reach out for Further Support

We are here with confidential support and advice from 9am to 9pm Monday to Thursday. 9am to 5pm Friday and 9am to 1pm Saturday.

Useful Organisations

Belfast Trans Resource Centre
Mermaids UK
HERE NI
Transgender NI
The Rainbow Project
Gender Jam
Cara-Friend



Remember your own self-care & Be mindful of your own triggers from your past.