

## TNBI Resources

Updated 2026

This is not an exhaustive list of resources.

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**Support groups for trans/NB/gender non conforming people** – some of these groups may no longer exist, as most are community lead. So many are funding dependent. I can't list all the regional groups, but most of those can be found on the Gendered Intelligence, GIRES or Trans Wiki websites. I try to update the links often, but sometimes the links are no longer valid.

### London

<http://transnetworklondon.org.uk/>

<http://www.translondon.org.uk/>

<https://spectra-london.org.uk/trans-services/>

### NHS Transgender services (sexual health clinic too)

<https://www.wearetransplus.co.uk/>

**Not a phase** – A trans-led, grassroots charity committed to uplifting and improving the lives of trans+ adults, through awareness campaigning, social projects and funding trans+ lead initiatives.

<https://notaphase.org/>

### Brighton

<https://clareproject.org.uk/>

<https://www.navigatebrighton.co.uk/>

### Devon

<https://www.transfigurations.org.uk/>

### Scotland

<https://www.scottishtrans.org/about-us/>

### For young people

**Queer Youth Network - LGBT forum, blog site**

<http://www.lgbtyouth.org/ox/index.html>

<http://www.lgbtconsortium.org.uk/directory/national-trans-youth-network>

**Mosaic Youth Group** – Is a London youth club, that provides support for LGBT identified young people, as well as mentoring, and summer camps.

<http://mosaicyouth.org.uk>

**Proud London Youth** – is a youth group for 14-25 year olds who are lesbian, gay, bisexual, transgender or questioning (LGBTQ+). They meet at Dragon Hall in Holborn every Wednesday 7-9pm. The youth group is free.

<http://www.lgbtconsortium.org.uk/directory/proud-london-youth>

### **Intersectional – Cultural groups**

Sexual health for BAME communities

<http://www.naz.org.uk/>

### **Qtipoc Brighton**

<https://www.switchboard.org.uk/directory-entry/qtipoc-brighton/>

### **Black Trans foundation**

<https://opencollective.com/blacktransfoundation>

### **Religious Trans groups**

<http://www.imaan.org.uk>

Muslim LGBT group in London

<http://iamnotharaam.tumblr.com/>

tumblr by & for young LGBTQ Muslims

### **National support groups**

**Trans Bare All** - FTM Trans group that do workshops/retreats in Pennines, but can be edgy for newcomers as sexual health orientated.

<https://transbareall.co.uk/>

**Gendered Intelligence** - Gendered Intelligence is Community Interest Company, established to increase understandings of gender diversity through creative ways. Working predominantly with the trans community and those who impact on trans lives; they particularly specialise in supporting young trans people aged 11-25. <http://genderedintelligence.co.uk/>

**Mermaids** - Mermaids is a support group to help the children and the families of children with Gender Identity Issues. <http://www.mermaidsuk.org.uk/>

**The Gender Trust** - The Gender Trust is a listening ear, a caring support and an information centre for anyone with any question or problem concerning their gender identity, or whose loved one is struggling with gender identity issues. <http://gendertrust.org.uk/>

**Trans Actual** - TransActual is a UK org founded and run by trans people as a response to increasing press hostility, transphobia and misinformation. Their aim is for education and information that can include advocacy, legal and health advice/information for trans folk. It is run by the trans community for the trans community.

<https://www.transactual.org.uk/>

### **Stonewall – LGBTQ+ campaign group**

<https://www.stonewall.org.uk/what-does-trans-mean>

<https://www.stonewall.org.uk/help-advice/information-and-resources/truth-about-trans#trans-people-britain>

**All about Trans** – building better communications between trans communities and media. Provides a good resource guide to local projects, support groups, guidance in UK for TNBI people.  
<https://allabouttrans.org.uk/about/support-organisations/>

**Trans Masculine support and Advice, UK (TMSA)** -This is a facebook group with 300 members for support and advice in many areas of trans masculine/AFAB people's lives – includes healthcare, advocacy etc  
<https://www.consortium.lgbt/member-directory/tmsa-uk-trans-masculine-support-advice-uk/>

**Self-medicating support services and research org on HRT(hormones)/healthcare etc**  
<https://transharmreduction.org/>

### **Support groups for Trans partners and families**

**Depend – UK support group/resource for partners of trans people only**  
<https://www.depend.org.uk/frameset.html>

**Distinction – International online support group (resources and private FB page) for partners of trans people**  
<https://distinctionsupport.org/>

### **Medical**

**A new website to find a trans friendly UK GP**  
<https://mytransgp.org/?ref=wearequeer.af.com>

**Gender Construction Kit** – I found this one of the best resources online for navigating transition. Includes all aspects. It's very up to date and easy to navigate.  
<https://genderkit.org.uk/>

**Action for Trans Health – info on GPS, shit list and good ones and further info re medical advice**  
<http://actionfortranshealth.org.uk/>

**Navigating UK Trans healthcare - blog**  
<https://transhealthuk.noblogs.org/navigating-uk-trans-healthcare/>

**Transbucket** – A US/worldwide online forum where trans people globally share surgeon details and information and photos. Relatively up to date. Please bear in mind some photos are post-surgery, so can be graphic. You need to be a member to register and this is usually vetted. SO might be slow to get access.  
<https://www.transbucket.com/>

**General Medical Council – treatment guide for GPs re trans health care**  
<https://www.gmc-uk.org/ethical-guidance/ethical-hub/trans-healthcare>

**GMC guidelines for GPs and bridging hormones**

<https://www.gmc-uk.org/professional-standards/ethical-hub/trans-healthcare#bridging-prescriptions>

**NHS Choices information on trans health**

<https://www.nhs.uk/livewell/transhealth/Pages/Transhealthhome.aspx>

**Gender Transition guide from Ellis Morgan - Colleague and therapist**

[https://www.ellismorgan.org.uk/uploads/4/5/7/9/45796635/transition\\_planning\\_tool\\_-\\_em\\_therapy.pdf](https://www.ellismorgan.org.uk/uploads/4/5/7/9/45796635/transition_planning_tool_-_em_therapy.pdf)

**Trans men/masculine**

Trans men – surgery, medical health, research, products and more. US site.

<https://transguys.com/>

Trans men website – US based – info

<http://www.thetransitionalmale.com/>

Phalloplasty guide – US

<https://www.phallo.net/>

<https://drzphd.com/trans-masculine-blog/the-ultimate-guide-to-penile-implants-for-trans-men>

Trans men health - US

<http://www.ftmguide.org/>

Trans men - prosthetics

<https://transthetics.com/>

<https://www.trans-missie.com/en/he-they/prosthetics/>

<https://www.reelmagik.com/features-pack-n-play.html>

<https://bananaprosthetics.com/en#popup>

<https://www.emisil.com/en-gb>

**Erection devices for cis and transmen**

<https://www.theelator.com/collections/all-products>

<https://manhuud.com/>

**Trans women/feminine – genital guides- tucking**

<https://unlockable.com/pages/guide>

<https://www.transhub.org.au/tucking>

## **Intersex**

### **American Intersex society**

<https://isna.org/>

The UK also has an intersex association - **the UKIA**, with useful details regarding their proposals for better treatment for Intersex peoples.

<http://www.ukia.co.uk/>

### **Intersex Equality Rights UK**

<https://www.consortium.lgbt/member-directory/intersex-equality-rights-uk/>

## **Sexual Health**

**CliniQ – London** Is a sexual health service made up of a friendly team of health and well-being professionals that offer a queer inclusive and non-judgemental sexual health and well-being service to trans clients, members of the trans community, their friends and families.

<http://cliniq.org.uk/about/>

**ClinicT - Brighton** - follows the same ethos as ClinicQ, but a much smaller organisation. So there are less resources available. It is open once a month.

<http://brightonsexualhealth.com/service/clinic-t/>

## **Reproductive health**

### **Trans male pregnancy info**

<https://transpregnancy.leeds.ac.uk/resources/>

## **GICs UK**

**Trans plus – 56 Dean Street.** They are no longer be taking referrals, but worth keeping an eye out for that to change. No need to be London based. All NHS.

<https://www.wearetransplus.co.uk/our-service/>

**How to find the other GICs** – private, NHS, and pilot schemes. Gives details of GP referral or self-referral and waiting times etc.

<https://genderkit.org.uk/resources/gender-services/>

## **Private clinics for Trans clients**

None of these are endorsements, but they are often accessed by trans clients seeking medical treatment that don't wish to wait for NHS treatment via GICs. You will need to do your own research and gain guidance from within the community as to the quality of these services. Some of them offer surgery, others it is psychiatric services for diagnosis, so gaining access to medical interventions such as hormones from a GP. There are many more new private services opening up, undoubtedly due to the poor NHS trans health care options and long waiting times. Services are becoming expensive and many operate on payment plans.

Two new private prescribing clinics (some diagnosis options) have opened up (UK registered) that sound very promising. Trans led and with informed consent models.

**Anne Health** – offers advice for diagnosis, critically enables access of HRT for adults and young people via legal routes. Works on a joining fee and then monthly fees that go down after 12/24 months. An expensive service, but they claim to be non for profit.

<https://www.anne.health/about-us>

**Pride in Health** - A community led, working on an informed consent and harm reduction model. Offers diagnosis, HRT prescribing, and shared care, advice and guidance. Affordable prices. The cheapest prices for private clinics to date.

<https://prideinhealth.co.uk/>

**Genderplus** – Is a new clinic, with trans/queer people at its forefront (London and Birmingham)

<https://www.genderplus.com/>

**Gender Care - London based**

<http://www.gendercare.co.uk>

07805 150909

**The London Transgender clinic**

<https://www.thelondontransgenderclinic.uk/>

**The Gender Clinic**

<https://thegenderclinic.co.uk/>

**The Gender Hormone Clinic**

<https://thegenderhormoneclinic.com/>

**Harley St Gender Clinic**

<https://www.harleystgenderclinic.com/>

**Cosmedicare – claims to offer non-binary surgery alternatives**

<https://cosmedicare.uk/non-binary-top-surgery/#>

**Further Specialist clinics**

<https://genderkit.org.uk/resources/gender-services/>

**Gender GP – *I am not personally endorsing this service, as Gender GP is highly controversial and has been black balled within all UK GPs practices. There are concerns regarding poor assessment and unprofessionalism. However, it is delivering a much-needed intervention to desperate teens who are not able to get NHS support due to poor waiting times and lack of primary service support, camhs in particular.***

Gender GP does have good information – It offers research and pages dedicated to trans sexual health and wellbeing

<https://www.gendergp.com/trans-sex-education/>

## **Professional bodies and guidelines**

### **Standards of care**

**WPATH** – World Professional Association for Transgender Health

<https://www.wpath.org/soc8>

### **Royal College of Psychiatrists**

Good practice guidelines for the assessment and treatment of adults with gender dysphoria from – 2013. The report is out of date. New guidelines have not yet been established, but there is a bias towards the Cass review.

<https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/college-reports/cr181-good-practice-guidelines-for-the-assessment-and-treatment-of-adults-with-gender-dysphoria.pdf>

**BPS Guidelines and literature review for psychologists working therapeutically with sexual and gender minority clients.**

<https://explore.bps.org.uk/content/report-guideline/bpsrep.2024.rep129b>

## **Research organisations and information**

### **GIRES – Gender Identity Research and Education Society**

Improving lives of trans and gender non-conforming people including those who are non-binary and

non-gender <http://www.gires.org.uk/>

### **TranzWiki**

For trans support – this website provides links to the majority of support networks in the UK

[www.tranzwiki.net](http://www.tranzwiki.net)

**Gender Bible** – Highly recommend this for clients

<https://genderdysphoria.fyi/>

### **GenderAgenda**

<http://www.genderagenda.net/index.htm#prevalence>

### **GenderQueer**

**Genderqueer – US website**

<https://genderqueerid.com/>

**Map of Gender diverse cultures globally**

[https://www.pbs.org/independentlens/content/two-spirits\\_map-html/](https://www.pbs.org/independentlens/content/two-spirits_map-html/)

### **Trans blogs, magazines and advocates**

**Julia Serano**

<http://www.juliaserano.com/>

**Charlie Martin**

<https://www.youtube.com/watch?v=7Y5OhdI6-eU>

**Trans guys - US**

<https://transguys.com/>

### **Trans women**

**Transliving – UK online magazine, events, socials and much more – Aimed for trans women**

<https://transliving.co.uk/>

### **TV/ Radio Documentaries**

There have been many films/documentaries about trans people. I have not listed all. Many are no longer available as they were BBC documentaries which often don't last long on iplayer.

Daniel Radcliffe interview of trans teens in America 2023

<https://www.youtube.com/watch?v=rBFvppAL48U>

MyGeneration – Films about trans people. Trans peoples stories, told by trans people - 2023

<https://mygeneration.com/films/>

Masked – Australian short film Trans masc - 2019

<https://www.youtube.com/watch?v=bLk8Dxf1xFk>

Adventures in Time and Gender – a non-binary persons story into the history of gender

<https://adventuresintimeandgender.org/>

Disclosure - Netflix documentary on trans in the media

<https://www.youtube.com/watch?v=ysbX6JUlaEc>

The Life and Death of Martha P Johnson - Netflix

<https://www.youtube.com/watch?v=pADsuuPd79E>

Pose – Netflix series

<https://www.youtube.com/watch?v=t4YuPXdLZw>

Seahorse – Journey of Freddy's journey a Trans man having a baby

<https://www.youtube.com/watch?v=bu6fQIZN3c0>

Transformation street – series on Trans peoples lives and surgeries

<https://www.itv.com/hub/transformation-street/2a4729a0001>

Queer Britain – Series 1 – episode 5 – Porn Idols

<https://www.bbc.co.uk/iplayer/episode/p052q4hd/queer-britain-series-1-5-porn-idols>

Queer Britain – Series 1 – episode 2 – Search for the perfect body

<https://www.bbc.co.uk/iplayer/episode/p0513gl2/queer-britain-series-1-2-the-search-for-the-perfect-body-group=p050zvxs>

Louis Theroux Transgender kids

<http://www.bbc.co.uk/programmes/b05qkzt2>

My Transgender kids and links to the other series

<http://www.channel4.com/programmes/my-transgender-kid>

Trans youth channel

<https://www.youtube.com/user/TransYouthChannel>

### **US prime time TV drama**

Transparent

<https://www.youtube.com/watch?v=y-3Q2W0I2Xc>

Then and Now – Trans mens stories

<https://www.youtube.com/watch?v=00mVptpKQUA>

Becoming me – Theos story

[https://www.youtube.com/watch?v=KIZEw\\_HEejU](https://www.youtube.com/watch?v=KIZEw_HEejU)

ITV Drama 2018

Butterfly

<https://www.itv.com/presscentre/ep1week42/butterfly>

### **Non-Binary**

This is what Non-Binary looks like – Owl and Fox

<https://www.youtube.com/watch?v=t1FN3wKmERQ&vl=en-GB>

Living as a non-binary in a binary world | Graysen Hall | TEDxUniversityofKent

<https://www.youtube.com/watch?v=7pvLDHFCEWk>

Radio 4 – Beyond Binary

<http://www.bbc.co.uk/programmes/b07btlmk>

Radio 4 – I'm non-binary – This is how I feel

<http://www.bbc.co.uk/newsbeat/article/36131536/im-non-binary-this-is-how-i-feel>

### **Non binary short films**

<https://www.youtube.com/watch?v=aOQAmkDrPbk>

<https://www.youtube.com/watch?v=6NtrKcmQRTM>

[https://www.youtube.com/watch?v=\\_hOSXhbCRvs](https://www.youtube.com/watch?v=_hOSXhbCRvs)

### **Articles and well known trans role models to follow**

**Munroe Bergdorf – “What’s makes a woman” – Vogue, 2018**

<https://www.vogue.co.uk/article/munroe-bergdorf-interview-2018>

**Jacob Tobia**

<http://www.mtv.com/news/2428003/genderqueer-transition-trans-awareness/>

**Julia Serano - Detransition**

<https://medium.com/@juliaserano/detransition-desistance-and-disinformation-a-guide-for-understanding-transgender-children-993b7342946e#.n21ib2xhz>

**Paris Lees - articles**

<https://www.vogue.co.uk/article/paris-lees-visibility-alone-isnt-enough>

<https://medium.com/@bbcradiofour/paris-lees-has-mixed-feelings-about-the-crying-game-4a656d97cd06>

**Allison Washington articles**

[AllisonWashington.net](http://AllisonWashington.net).

**Allison Washington blogs**

[\*Conflicted Romance, Part 1 — Dating after Transition\*](#)

[\*Conflicted Romance, Part 2 — Falling in love, and a girl’s First Time\*](#)

[\*Three Times a Virgin\*](#)

**Abigail Thorn – the philosophy tube**

[https://www.youtube.com/channel/UC2PA-AKmVpU6NKCGtZq\\_rKQ](https://www.youtube.com/channel/UC2PA-AKmVpU6NKCGtZq_rKQ)

**Natalie Wynn - Contrapoints**

<https://www.youtube.com/user/ContraPoints>

**Jamie Raines - Jammidodger**

<https://www.youtube.com/channel/UCHSIA2JRC5PWvUX4SI8OrcA>

## **Videos**

### **Juno, Fox and Owl – My Genderation**

<https://www.youtube.com/watch?v=PL4V74pPgiw&t=327s>

<https://www.youtube.com/watch?v=ml4WUxbrZtM&t=148s>

<https://www.youtube.com/watch?v=X8RaSXJAb8w&t=251s>

### **Pink Therapy Con - 2017**

Trans Men and the Queering of Gay Desire - Ellis Morgan

[https://www.youtube.com/watch?time\\_continue=8&v=cqy6vf2yy40](https://www.youtube.com/watch?time_continue=8&v=cqy6vf2yy40)

## **Trans clothing/ Non-binary/Gender fluid**

### **Trans underwear/binders/ inserts**

<https://www.theguardian.com/lifeandstyle/2015/sep/24/underwear-for-transgender-people-shapewear>

<http://www.origamicustoms.com/inserts/>

<http://chrysalislingerie.bigcartel.com/category/enhancers>

Award winning CIC supporting trans /nb people with clothing companies, make up and style guides

<https://genderswap.org/>

## **Counselling services that specialise in GSRD identified people in London and Brighton**

There are a others across the UK, but these are the most recognised in the SE as free/donation based counselling charities.

### **London**

London Friend

<http://londonfriend.org.uk/>

### **Metro**

<https://metrocharity.org.uk/>

### **THT**

<https://www.tht.org.uk/centres-and-services/head-office/connect-counselling>

### **Spectra - Trans led and for Trans clients**

<https://spectra-london.org.uk/trans-gender-services/trans-counselling/>

**Brighton**

Mind out

<https://www.mindout.org.uk/>

**Nationally**

Pink Therapy – list of private therapists

<https://www.pinktherapy.com/>