UmbrellaCymru

www.umbrellacymru.co.uk | 0300 3023670
@umbrellacymru | info@umbrellacymru.co.uk
Rhif Elusen Gorfrestredig | Registered Charity Number | 1160909

Umbrella Cymru is a gender and sexual diversity specialist support organisation that offers a range of services to people across Wales.

Whether you need help to explain something to someone, guidance to understand or complete forms and official documents, or want to talk to someone, we offer emotional, practical and advocacy support.

If you're just looking for some information or want to find other services that might be able to help, we'll point you in the right direction.

We provide support to people of any age and can meet you face-to-face in our offices, in your own home, in school or the local coffee shop or library if you prefer. We also provide support over the phone or by video call, text, email or instant message.

For more information about what we do and how we do it, take a look at the 'Support', 'Packages' and 'Services' sections of our website under 'Our Work' and 'Request Support' or 'Contact Us'.

Some of the things we help people with include:

- Building confidence in gender or sexual identity
- Coming out
- Social Transition
- Navigating GP, Mental Health Services or Gender Clinic Referrals
- Name changes, gender on passports and official documents and other legal transition processes
- Accessing LGBTQIA+ social and other support groups
- Supporting your child, parent, partner or other family member
- Dealing with bullying or hate crime
- Understanding healthy and safe relationships and staying safe online
- Transitioning in school, college or university

And so much more. Just ask us about anything that isn't there.

It's easy to get in touch. You can call, email or visit our website and click on the 'Request Support' button.

We also accept family, friends and agency referrals, so if you know someone who might benefit from our support services, you can refer them to us.