



SUPPORT GROUPS

Peter Williams | 2023 | London, United Kingdom

01 | OVERVIEW



Gayther is an online service home to one of the world's largest collections of current and relevant LGBTQIA+ information. To support community members, both young and old, Gayther has developed a range of services, guides and tools for all age groups. Whether an adolescent or someone at retirement age, many individuals who form these vulnerable groups likely face

difficult obstacles and challenges in their daily lives due to their sexuality or how they choose to identify. The challenges differ depending on a person's age; adolescents likely struggle more with acceptance and identity, and older people due to a lack of support and suitable services.

In the United Kingdom, the charity Stonewall carried out a study in 2018 which established that almost one in four LGBT people (23%) had witnessed discriminatory or negative remarks against LGBT people by healthcare staff¹. A factor that likely increases the risk of community members being reluctant to reach out for help, feeling the need to suppress and hide who they are to get the support desperately needed and why many feel alone and isolated. The same study highlighted that, of the 5,000 LGBTQIA+ individuals interviewed, shockingly, two-thirds (64%) had experienced anti-LGBT violence or abuse¹.

In the United States, the Trevor Project captured the experiences of nearly 34,000 LGBTQ youths aged 13-24 and of those who had participated, nearly half (45%) had seriously considered attempting suicide in the past year², with higher rates being reported for adolescents and young

adults that identified as transgender or by people of colour. The struggle to accept who they are, victims of bullying, or the fear of rejection by friends and family often are the leading causes of despair and hopelessness in LGBTQIA+ youths.

Many exceptional charities, support groups and organisations exist around the world, groups set up and equipped to help and advise those facing issues, obstacles and challenges. The problem is not always the availability of resources; instead that they are not always known or readily accessible to those individuals who need urgent help. Gayther created the global Support Group and Non-Profit Organisation (NPO) directory as a free service to raise awareness of community-related support and help the organisations and groups by showcasing the levels of support they offer.

Whether specialist help for drug addiction or dedicated hotlines with trained people concerning suicide prevention, the support directory is a global service designed to help people connect quickly with the support and services they need fast. Every directory listing has unique features specific to Gayther, such as relevant translated terms in the local languages, for those needing help while overseas and local emergency contact telephone numbers for those needing more urgent assistance.

"It is important that everyone knows they are never alone and a wide range of support and help is always available. Whether through positive community-related content or in helping to connect to groups and organisations equipped to help, no matter how big or how small, all measures matter. All are playing an important role in the support and caring of the entire community, young, old and in between," says Peter Williams, founder of Gayther.

"Life can often be hard with daily challenges for LGBTQIA+ individuals. It is important that they know they are not alone and that there are people and organisations out there who care and want to help."

02 | TAGS

support, groups, charities, prevention, hotline, community, young, old, vulnerable, trained professionals

03 | KEY FACTS

- As of 2023, the support group and non-profit organisation directory features 212 listings
- There are 15 active categories, including Addiction Support, Asylum Support, Family & Life Transition, Non-Profit and Violence & Abuse Support
- 188 or 88% of listings within the support group and non-profit directory have a dedicated hotline number available
- Number of listings by category; 72% or 152 listings are related to suicide prevention, 15% or 31 listings to Family & Life Transition and 2% or 5 listings to Advocacy & Education
- The support directory contains 85 countries, including 22 listings within the United States, 13 in the United Kingdom and 10 in Australia

Notes

- 1 Stonewalls LGBTQ+ facts and figures - 2018 (<https://www.stonewall.org.uk/lgbtq-facts-and-figures>)
- 2 The Trevor Project 2022 National Survey on LGBTQ Youth Mental Health (<https://www.thetrevorproject.org/survey-2022/>)