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**Themes:** Advocacy, Mental Health

**Aimed at:** LGBTQ+

Welcome to Mindline Trans+

Emotional support helpline & information signposting

TRANS? NON-BINARY? GENDERFLUID?

Mindline Trans+ is an emotional and mental health support helpline for anyone identifying as transgender, non-binary, genderfluid...

We are also here to support family members, friends, colleagues and carers.

0300 330 5468

Mondays & Fridays 8pm-midnight

Exciting News! As of Wednesday 1st September, the Line will be open every Wednesday as well as Mondays and Fridays!

About us

Here to listen and offer support

Mindline Trans+ provides a safe place to talk about your feelings confidentially.

We don't record calls and we don't ask for any personal details. You don't have to tell us your name.

Our listeners will try and understand the multitude of feelings and concerns that may be going on for you.

We are here to listen and offer support

Our volunteers are trained in telephone counselling skills and have lived experience of being trans or non-binary. Occasionally calls may be taken by trans allies.

More about us

Call costs

Calls to Mindline Trans+ are inclusive to any contracted minutes you may have with your phone provider, so there is no cost as long as you have minutes remaining.

Outside of any inclusive minutes packages, calls from landlines are charged at approximately 3.5p per minute. Costs from mobiles vary dependent on mobile operator, we suggest you confirm this with your operator.

**Area:** Bassetlaw, Bolsover

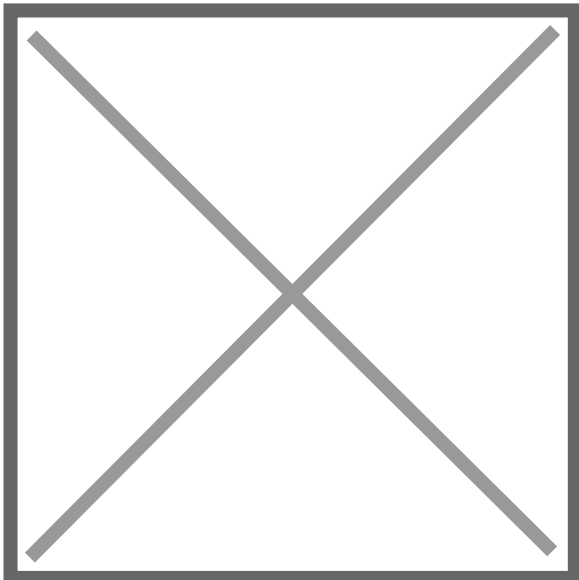
### **Contact Details**

35-37 Old Market Street

BS2 0EZ

0300 330 5468

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



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<https://www.facebook.com/MindlineTrans/>

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