

Disabled & neurodiverse signposting

There are times when we all need further support, and that isn't a weakness.

We've listed some organisations specifically focused on disabled and neurodiverse people below that you might want to reach out to. Remember whatever you're facing, you're not alone. It Gets Better.

Regard

Regard is an organisation that is run by disabled LGBTQ+ individuals. They aim to provide information, advise, and support, and combat social isolation among LGBTQI+ disabled people.

Web: <http://regard.org.uk>

Email: secretary@regard.org.uk

Deaf Rainbow Network

Deaf Rainbow Network aims to provide information and resources for deaf and hearing-impaired LGBTQ+ people.

Web: <http://deafrainbowuk.org.uk/>

Email: hello@deafrainbowuk.org.uk

Parapride

Parapride is an empowerment charity that advocates for the visibility, education, and awareness of LGBTQ+ disabled people. They highlight the isolation of disabled people within the LGBTQ+ community and have resources on how to improve this.

Web: <https://parapride.org>

Choice Support

Choice support has created a list of different social groups for disabled and Neurodivergent LGBTQ+ people in the UK.

Web: <https://www.choicesupport.org.uk/>

Resources: <https://www.choicesupport.org.uk/about-us/what-we-do/supported-loving/supported-loving-toolkit/lgbtq>

Phone: 01622 722400