

HOPE THERAPY & COUNSELLING SERVICES

LGBTQIA+ Counselling

Counselling where you can be yourself.

Qualified counsellors supporting LGBTQIA+ people across England — online nationwide and face-to-face. A non-judgmental space with therapists who understand your experience.

NCPS ORGANISATIONAL MEMBER

LGBTQIA+ EXPERIENCED THERAPISTS

FROM £65

FREE 15-MIN CONSULTATION

FINDING A THERAPIST YOU CAN TRUST

For LGBTQIA+ people, there is often an additional layer

"The question of whether the person sitting opposite you genuinely understands your experience — or whether you'll spend the session educating them rather than being supported by them."

At Hope Therapy, we have a team of counsellors and therapists who bring specific experience of working with LGBTQIA+ clients. Some identify as LGBTQIA+ themselves. Others are experienced allies who have undertaken additional training and supervision in this area. What they share is a genuine, non-judgmental understanding of the particular pressures, joys, and complexities of LGBTQIA+ life — and a commitment to providing support that meets you where you are.

You might come with something clearly connected to your identity, or you might simply want a therapist who won't make it awkward. Both are equally valid. Our counselling supports the whole person — not just one part of who you are.

WHAT YOU MIGHT WANT TO EXPLORE

LGBTQIA+ people access counselling for a wide range of reasons

Coming out — at any age and in any context

Identity exploration and questions around sexual orientation or gender

Relationship issues specific to LGBTQIA+ partnerships and family structures

Processing experiences of homophobia, biphobia, or transphobia

Navigating religious or cultural contexts that feel at odds with identity

Internalised shame or self-criticism

Anxiety, depression, or trauma connected to minority stress

Neurodivergent LGBTQIA+ experience — navigating both at once

Professional registration: Hope Therapy & Counselling Services holds NCPs Organisational Membership. Sessions are confidential; limited exceptions apply and your therapist will explain these clearly at the outset.

OUR COMMITMENT TO LGBTQIA+ CLIENTS

Hope Therapy is an affirming practice

We are clear that sexual orientation and gender identity are not pathologies, disorders, or problems to be corrected. This is our position as an organisation and the ethical standard to which all our therapists are held. We work in line with the NCPS code, which explicitly states that homosexuality, bisexuality, transgender identities, and asexuality are not mental disorders. We also align with the BACP's position, which prohibits any form of conversion practice.

When you work with a Hope Therapy counsellor, your identity is respected. The work is not directed towards any kind of change in who you are. Your therapist is here to support your wellbeing — on your terms, in whichever direction feels right for you.

THERAPEUTIC APPROACHES

A range of approaches — matched to what is most useful for you

Person-Centred Counselling

A non-directive, empathic space to explore your experience on your own terms — without pressure, agenda, or the need to justify yourself. Particularly well-suited to identity exploration and processing the impact of difficult experiences. From £65.

CBT

Cognitive Behavioural Therapy can help with anxiety, depression, and internalised shame — supporting you to identify and challenge the thought patterns that get in the way of living as fully yourself. From £65.

EMDR & Trauma-Informed Work

For LGBTQIA+ people who have experienced discrimination, rejection, or other forms of trauma, EMDR and trauma-informed approaches can help process difficult memories and reduce their ongoing impact. From £95.

Our booking team will discuss which approach — or combination — feels most appropriate. You don't need to know which is right before you start.

HOW THE PROCESS WORKS

Getting started — what to expect

1 Free 15-minute consultation

A brief, relaxed conversation with our booking team. We listen to what you are looking for, answer any questions, and explore whether we can help. No pressure, no obligation.

2 Matched with a therapist

We carefully match you with a therapist based on your needs, preferences, and what matters to you — including relevant LGBTQIA+ experience. With 90+ qualified therapists, we take care to find the right fit. If the first match doesn't feel right, we'll find someone else at no extra cost.

3 Your first session

Your therapist takes time to understand your situation and what you are hoping to work on. There is no rush, no script, and nothing you have to share before you are ready.

WHAT OUR CLIENTS SAY

Client experiences

“

For the first time I didn't have to explain my relationship or justify my identity before the actual work could begin. My therapist just got it. That made such a difference to how quickly I was able to open up.

CLIENT — ANXIETY & IDENTITY

“

Coming out later in life brought up so much I hadn't expected. My counsellor helped me process it without judgment — and without making my identity the "problem" to solve. Exactly what I needed.

CLIENT — NAVIGATING COMING OUT

“

Online sessions meant I could access support discreetly while I was still figuring things out. The matching process found me someone with real LGBTQIA+ experience. I couldn't have asked for better.

CLIENT — LGBTQIA+ ONLINE COUNSELLING

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

Do I need to come out to my therapist to access LGBTQIA+ counselling?

Not at all. You share only what you are comfortable sharing, at whatever pace feels right. Your therapist follows your lead. Many people find that having a therapist experienced in LGBTQIA+ issues means they can simply be themselves from the first session — without having to explain or justify their identity.

Are your therapists LGBTQIA+ themselves?

Some of our therapists identify as LGBTQIA+, and others are experienced allies with specialist training. During your free consultation we will take care to match you with a therapist whose experience and approach feel like a good fit.

Can you help if I'm questioning my identity?

Absolutely. You do not need any certainty about your sexual orientation or gender identity to access support. Counselling can offer a non-judgmental space to explore who you are at your own pace, without pressure to reach any particular conclusion or label.

Is LGBTQIA+ counselling available online?

Yes. All our counsellors offer sessions online via Zoom or telephone. Many LGBTQIA+ clients find online counselling particularly helpful — it offers privacy and accessibility, and can feel safer when you are not yet out in all areas of your life. Support is available anywhere in the UK.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service. If you are in immediate danger, please contact the services below.

999 — Emergency · **Samaritans: 116 123** — Free, 24hrs · **Switchboard LGBT+: 0800 011 9100** — 10am-10pm daily

A space where your identity is respected, and the work is entirely on your terms.

Hope Therapy & Counselling Services offers LGBTQIA+ affirming counselling, CBT, EMDR, and a range of other therapeutic approaches — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes therapists with specific experience of working with LGBTQIA+ clients.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

The Talk Room Podcast — Episode 15: LGBTQIA+ mental health, community pressures, and how counselling can offer meaningful support. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Switchboard LGBT+ helpline: 0800 011 9100 (free, 10am–10pm daily) — a listening service for LGBTQ+ people needing to talk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. We are an affirming practice: sexual orientation and gender identity are not pathologies or disorders. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.