

Transgender and Transitioning - Useful Contacts

Employee Assistance Service – Time for Talking

This is a free, confidential, 24-hour counselling service, 365 days a year.

There are three different ways for you to contact the service:

- Call **0800 970 3980** - you do not need to give your name, but you should say that you work for Aberdeen City Council.
- Via the website - www.timefortalking.co.uk (click on 'Members Area', then click on the Aberdeen City Council logo, and enter the username **AberdeenCity** and the password **AB12016** when prompted – please note that the username and password are case sensitive). Here you can access a lot of useful information or make contact with a counsellor.
- You can send an email to admin@timefortalking.co.uk.

Council Chaplain

Ron Flett - Aberdeen City Centre Chaplain

Listening to the work and life issues that affect you, accessible to those from all cultural or belief backgrounds, independent and impartial, confidential, skilled and sensitive.

Please contact Ron Flett via tel 07508 654 423 or ron.flett@wpcscotland.co.uk

To download a leaflet please click on the link below.

- [Chaplaincy service](#)

Equality and Human Rights Commission

Is a statutory non-departmental public body that provides expert information, advice and support on equality and human rights law. They challenge discrimination and promote equality of opportunity and protect human rights.

Website: www.equalityhumanrights.com

Equality Advisory and Support Service (EASS)

Provides expert information, advice and support on discrimination and human rights issues and the applicable law and is completely independent of the Commission.

Website: www.equalityadvisoryservice.com

Phone: 0808 800 0082

Post: FREEPOST, EASS HELPLINE, FPN6521

Equality Network

Is a national charity working for lesbian, gay, bisexual, transgender and intersex (LGBT) equality and human rights in Scotland. They can provide advice and support on gender identity.

Website: <http://www.equality-network.org>

Email: en@equality-network.org

Phone: 0131 467 6039

Post: 30 Bernard Street, Edinburgh, EH6 6PR

The Scottish Transgender Alliance (STA)

The Scottish Transgender Alliance works to improve equality and inclusion for transgender people in Scotland. STA is based within the Equality Network, see further contact details above.

Web site: <http://www.scottishtrans.org/>

Press for Change

Provide legal advice, training, and research to trans people, their representatives, and public and private bodies.

Web site: www.pfc.org.uk

Email: office@pfc.org.uk

Phone: Advice Line 08448 708 165

Post: Press for Change, BM Network, London, WC1N 3XX

The Gender Trust

Is a registered charity that provides advice and support for transgender people and family members with any questions or concerns regarding gender identity.

Website: www.gendertrust.org.uk

Email: info@gendertrust.org.uk

Phone: 01527 894 838

Address: Gender Trust, 76 The Ridgeway, Astwood Bank, Worcestershire, B96 6LX

Gender Identity Research and Education Society (GIRES)

Is a registered charity that provides resources and training with their overall aim to improve the lives of transgender people and gender non-conforming people.

Website: <http://www.gires.org.uk>

Phone: 01372 801554

Address: Melverley, The Warren, Ashted, Surrey KT21 2SP