Depend

Other Support

Marmalade
run in person meetings in the West Midlands
Web: www.soffamarmalade.org.uk
Email: soffamarmalade@hotmail.com

NHS
Web: www.nhs.uk/conditions/gender-dysphoria/

Mermaids
Web: www.mermaidsuk.org.uk
for trans children and their parents

GIRES
Web: www.gires.org.uk

Gendered Intelligence
Web: www.genderedintelligence.co.uk



Depend

Contact Us

Email: info@depend.org.uk
Web: www.depend.org.uk
www.facebook.com/DependSupport

UK wide online support

Depend

Support for people with a trans, or non binary person in their family.



Welcome to

Depend

We are a voluntary organisation whose aim is to provide free, non-judgemental support, advice and information for anyone who knows, or is related to, a trans or non-binary person , in the UK

Information and pointers for visitors who would like to learn more about trans issues and transition. Access to free online support for adults whose partner, friend or adult family member is considering, undergoing or has completed transition in the UK.
A way for people in similar situations and circumstances to communicate and exchange experiences and information, and to support each other.

Who are we to listen to you?

We are not only a support group, but provide space where you can be heard. We are the partners, and ex-partners, the parents and the (adult) children, the family members and the friends ... the "significant others" of trans people in the UK.

We have come together because we care about each other, we share similar experiences and believe in the possibilities of the future. We have come together because we do not want to be alone.

If you are struggling, we will support you
If you are celebrating, we will join you
This is a place of learning and sharing.
This is a place of respect and love.

Our experiences combine to provide a cushion for your tears, a listening ear when you need to offload, a source of information for your learning, respectful acknowledgement of your feelings and a little humour simply for the fun of it because we value the smiles as well as tears.

The hardest thing in the world is to be alone.
You are not alone anymore.



FAQ

How does the group run?
Our support is accessible via emails or a webpage.

Who can join?
Anyone who has a trans or non-binary person in their lives and needs the support or to give support to others.

Can trans people join?
Trans people themselves are not permitted to join Depend. This has the effect and purpose of making the support areas a safe space, where people can express their concerns without having to worry about upsetting their loved ones, or feeling embarrassed about their own feelings. We can signpoint to services for trans people if you email us.

I have lots of questions, can you help?
Yes , as volunteers and peers we may not have all the answers but we will help you find them.

Do you charge for services?
No, but donations are welcome.