

Further organisations and resources



There are a range of organisations whose work improves the mental health and professional lives of LGBT+ barristers and staff. Below are some of the organisations that may be able to provide further support, guidance or help expand your network.

Networking Groups

[Interlaw Diversity](#)

The InterLaw Diversity Forum works to foster inclusion for diverse talent working in the legal sector, and to promote meritocracy in all sectors by working to 'level the playing field' in order to create environments where the best talent can succeed. Membership is open to anyone working in the legal sector, both lawyers (including private practice and in-house counsel), as well as non-lawyers and business services staff.

The LGBT+ strand holds monthly networking meetings and has a mailing list.

[Freehold](#)

Freehold is a leading and unique networking forum for lesbian, gay, bisexual and transgender real estate professionals working within the real estate sector. Its members include building surveyors, valuation surveyors, agency surveyors, asset managers, architects, developers, investors and property lawyers from both the public and private sector.

Mental health support

[Wellbeing at the Bar](#)

Aims to tackle the stigma associated with mental health and encourage barristers and staff to better understand wellbeing and feel empowered to make healthy choices.

- Provides barristers and chambers' personnel with the information and skills they need in order to stay well;
- Supports members of the profession through difficulties that affect a barrister or staff member's professional life; and
- Provides assistance to those responsible for or who are supporting those in difficulty or crisis.

[Lawcare](#)

- LawCare is a charity that aims to help the legal community with personal or professional concerns that may be affecting their mental health and wellbeing, and to promote understanding of how and when to seek help, without fear or stigma. There is a helpline alongside information and awareness raising projects.

LGBT+

[Stonewall](#)

UK's largest LGBT+ charity and campaigns group, providing information, support and research into LGBT+ issues.

[LGBT+ Switchboard](#)

National confidential helpline and messaging service staffed by LGBT+ volunteers.