

Our Passion & Commitment

Mermaids has been supporting trans and gender-diverse children, young people, and their families since 1995. At the beginning, we were a group of concerned parents, coming together to find answers and keep our children safe and happy.

Today, Mermaids has evolved into one of the UK's leading charities, empowering thousands of people with its secure online communities, local community groups, helpline services, website resources, events and residential weekends.

We also seek to educate wider society around gender issues by advising professionals on how best to accommodate and reassure gender-variant young people.

Over the years, we've seen many changes in the language and understanding surrounding gender issues but one thing remains the same: transgender children deserve the freedom and confidence to explore their gender identity wherever their journey takes them, free of fear, isolation and discrimination.

What is Gender Identity?

Your gender identity is the gender you know yourself to be, regardless of how your body might look. Gender identity is nothing to do with sexuality, so a transgender person can be straight, gay or any other orientation.

Sometimes, people feel distressed because of the difference between their gender identity and the gender or sex they were assigned at birth. This can be in relation to their bodies (physical dysphoria) or it might be more to do with social interactions (social dysphoria) such as someone misreading a person's gender and using the wrong pronouns. This distress is called gender dysphoria.

Gender dysphoria can be experienced by younger children and this can show up in lots of different ways but often, parents notice a persistent, insistent and consistent gender identification that is different to the one they were given at birth.

While most kids and young people we support identify as transgender, an increasing number of them identify as non-binary, meaning they don't identify exclusively as male or female.



You

To Help



What our service users have to say:

“

I would have been lost without the support of Mermaids. Just knowing there were others going through the same thing as me helped tremendously. ”

Mermaids is a charity supporting gender diverse and transgender children, young people, their families and professionals.

Charity Number: 1160575

What does Mermaids do?

Helpline 9am to 9pm Monday to Friday
Webchat 9am to 9pm Monday to Friday
Email information and support service
Parents and teens online forums
Legal support
Residential weekends for whole family
Local groups at locations nationwide
Attend events nationwide including Prides and Conferences to raise awareness and understanding
Arrange events for young people and their families to attend to raise confidence and self-esteem
Campaigning and advocacy
Training into schools, social services, and many other agencies and organisations supporting children, young trans people and their families
Liaising with EHRC, GEO, DfE and other agencies and organisations to help identify and combat poor practice

How do I get in touch?

Telephone our helpline: 0808 801 0400

Visit our website: www.mermaidsuk.org.uk

Email directly to the department you want to talk to:

- ★ Support & general enquiries: info@mermaidsuk.org.uk
- ★ Events: events@mermaidsuk.org.uk
- ★ Fundraising: fundraising@mermaidsuk.org.uk
- ★ Legal and policy: legal@mermaidsuk.org.uk
- ★ Media and comms: press@mermaidsuk.org.uk
- ★ Training: training@mermaidsuk.org.uk
- ★ Volunteering: volunteer@mermaidsuk.org.uk



Tell your

What our service users have to say:

“ Mermaids is an absolute lifeline for families like mine. The information and emotional support gained has been invaluable and my child is thriving. ”

My Merchandise

Visit our online shop for more: Mermaidsuk.org.uk/Shop

We have a brand new range of merchandise for you to enjoy. Your purchase will support Mermaids in their work with gender diverse, transgender children, young people, their families and professionals.



Mermaids Logo Hoodie
Range of colours available



My*Mermaids Vests
Range of colours available



My*Brew Mugs
Range of colours available



Mermaids Logo T-shirts
Range of colours available



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