



# Mutual Aid Trans Edinburgh

**mate.lgbt**

MATE (Mutual Aid Trans Edinburgh) provides direct support by and for trans and queer people in Edinburgh.

If you need help now, email [matedinburgh@protonmail.com](mailto:matedinburgh@protonmail.com) or message (+44) 07716768925 (Signal / WhatsApp / SMS) with answers to these questions:

- Name and pronouns you'd like us to use
- How should we contact you?
- First half of postcode / area of Edinburgh
- What do you need support with?
- When do you need support by?
- Would you prefer support from someone with particular lived experience?

All information will be kept confidential and deleted as soon as the support work is completed.

We can help with support like grocery shopping, collecting prescriptions, advice and advocacy for accessing trans healthcare, help making benefits applications and finding financial support, connecting with mental health support, and finding queer and trans community and resources.

If you need something else, please ask! At the moment, we can't meet urgent critical needs, provide mental health crisis support, pay for supplies, or support under 18s, but for everything else we will do our best.

For full info, including safety advice, visit our website at [mate.lgbt](http://mate.lgbt)