



Queensland Support For Gender Diverse Youth

When your child comes out as gender diverse it can be a daunting and often frightening time filled with confusion for families. But it is important to remember you are not alone. There are many families just like yours who understand what you are going through. They know what it's like to feel lost and overwhelmed, not knowing where to start to find help and how best to support both your child and yourself. It is for this reason that I have created this simple go-to-guide to assist you in navigating your journey. I hope you find this helpful so that you can embrace a supportive transition with understanding and unconditional love.

XOX

Kristy

Parent Support:

Gender Help For Parents

<http://www.genderhelpforparents.com.au/>

This amazing group will be your lifeline, if you have access to the internet I can not recommend enough that you contact them to be added to their online support group. Here you will find a welcoming group of families facing the same situation, a place where you can share, vent without judgement, gain practical advice and above all else find support and answers to any questions you might have.

Transcend:

<http://www.transcendsupport.com.au/>

Advocacy, fundraising & speaking in support of young transgender Australians. Transcend is the first parent led peer support network and information hub for transgender children and their families in Australia.

PFLAG:

<http://www.pflagbrisbane.org.au/>

Parents and Friends of Lesbians and Gays (PFLAG), is an international peer support group that has been operating in Australia for over 30 years.

Relationships Australia:

<http://www.raq.org.au/services/rainbow-counselling-service>

Relationships Australia run a number of services for the LGBTI community in partnership through their Rainbow Counselling Service. They are also able to provide counselling for individuals or families.

Phone Support:

Diverse Voices & Q Life

Diverse Voices is a Queensland based non-profit organisation with a focus on the wellbeing of the diverse voices that make up our community. Our focus is on the operation of a peer to peer telephone and internet counselling service. We operate in collaboration with our national partners Q Life & the National LGBTI Health Alliance.

<http://diversevoices.org.au/>



DIVERSE VOICES

7 Days
3pm - Midnight
1800 184 527

QHeadspace

Qheadspace is a safe place where young people who are gender and sexuality diverse can seek support from their peers through dedicated online chat and forum group sessions.

<https://headspace.org.au/news/qheadspace-coming-out-soon/>

Lifeline— 13 11 14

Kids Helpline-1800 551 800

Headspace— 1800 650 890

Beyond Blue— 1300 224 636



Qheadspace

Legal Support:

www.lgbtilegalservice.org

I have not accessed this service personally, but have been told they are able to offer free legal advice as well as pro-bono representation and help with court approval for stage 2 hormone treatment.



School Support:

Safe Schools Coalition Queensland

Safe Schools Coalition Australia is a national network of organisations working with schools to create safer and more inclusive environments for same sex attracted, intersex and gender diverse students, staff and families

<http://www.safeschoolscoalition.org.au/safe-schools/region:3/>

True Relationships and Reproductive Health

True's webinars will be an online adaptation of the Safe Schools Coalition Australia foundation session which is offered as introductory professional development for teachers in schools across Australia.

<http://www.true.org.au/education/course-catalogue/education-community-services/safe-schools-coalition-queensland>

Medical Support:

QLD Gender Clinic

Lady Cilento Children's Hospital Children's Gender Clinic

Phone (07) 3069 7377

Email: LCCHgender@health.qld.gov.au

GP referral via hospital website <https://www.childrens.health.qld.gov.au/chq/health-professionals/referring-patients/referral-forms/> or letter to email address above

State-wide service offering service to all QLD residents and some parts of Northern NSW. Staffed by Endocrine, Psychiatry, Psychology and Nursing health professionals. Providing information, mental health support and medical interventions with families of children and young people of diverse gender up to 18 years of age.

The Brisbane Gender Clinic

30 Helen St Teneriffe

Run every Wednesday afternoon by Dr Gale Bearman, physician. Dr Bearman will see patients for an initial long consultation or patients may be referred by a suitable psychiatrist or psychologist who has deemed patients as suitable to commence hormone therapy or be referred on to an endocrinologist. Bulk billed. A GP referral is required.

(07) 3017 1777 – Wednesday Only

Evandale Practice:

Evandale Place, 142 Bundall Rd, Bundall QLD 4217.

Phone: (07) 5510 3122

Email: evandalepractice@gmail.com

Dr Stuart Aitken (Specialist Sexual Health Physician) and Dr Morris Bersin (Consultant Psychiatrist) specialise in the multidisciplinary management of gender dysphoria for ages 5+. They are committed to contributing to the holistic care of children with gender dysphoria and their families in a timely manner. They specialise in the management of gender dysphoria in both children and adults, so care remains uninterrupted and continual once the patient turns 18. A GP referral is required.

Holdsworth House Medical Centre, Fortitude Valley:

Dr Fiona is experienced in transgender medicine and is able to assist individuals at all stages of transition. Fiona is able to provide referrals to patients for the Brisbane Gender Clinic, after patient consultation. 07 – 3894 0794

Psychologists Experienced in Gender Diversity:

Annie Franklin and Olivia Donoughy:

Psychologists specialising in adolescent mental health and gender dysphoria, these ladies form part of the Lady Cilento Gender Clinic team.

PH: (07) 3068 2580

Dallas Pitt:

Dallas is a consulting psychologist who works closely with a number of organisations to provide counselling to the LGBTI community across Brisbane. He works with Headspace Meadowbrook, Relationships Australia and the Lady Cilento Gender Clinic.

PH: 1300 364 277

Dr Ashley Van Houten:

<http://www.vanhouten.com.au/>

Psychologist specialising in transgender health, he also consults regularly with Dr Stuart Aitken & Dr Morris Bersin from Evandale Practice. He sees individuals, couples and families; providing professional clinical psychology, psychotherapy and consultancy to diverse people from the LGBTI community. Located at Surfers Paradise. PH: 0422 301 301

Peer Support Groups:

True Colours

Run by PCYC Queensland in partnership with Headspace, True Colours is a life skills program for any young people within the LGBTI community. Ages 13-21. With 3 locations.

Meadowbrook—Rochelle Lewis 0409 428 750

Nundah or Woolloongabba— Emma 0424 132 874

QSpace

QSPACE is a social support group for young people aged 13 – 17 located on the Gold Coast. It is an opportunity for young people to come together and socialise, as well as explore various issues that they face in their everyday lives. Specific programs as well as casual activities are offered.

<http://qspace.net.au/>



TRUE COLOURS



Run by PCYC Queensland, True Colours is a life skills program for any young people who identify as lesbian, gay, bisexual, transgender, intersex, queer, questioning, asexual, pansexual or any other expression of diverse genders and/or sexualities.

Location: Headspace Meadowbrook— 286 Langerhans Rd, Meadowbrook
Date: Fortnightly from the 18/02/2017 Time: 4pm-5.30pm Age range: 13-21



Contact details: Rochelle Lewis
PCYC Queensland Program Coordinator
0409 428 750 or rochelle.lewis@pcyc.org.au



Open Doors Youth Service

A Govt' funded 'safe place' for young gay, bi and transgender people 12 – 25, providing support services and counselling. Located in Brisbane. Open Doors offers a transgender peer support group called JellyBeans.

Open Doors also welcome and provide advice and support to families.

PH: 07- 3257 7660

<http://www.opendoors.net.au/>

Moreton Bay LGBTIQPA Support Group

Based in Caboolture, this is a support group for ages 13-18 who meet once a fortnight 3pm-4:30pm Wednesdays.

PH: 0427358788

Wendybird

A community for meaningful connection for people of diverse bodies, gender, relationships and sexualities.

<http://www.wendybird.com.au/>



Transcendence

Transcendence is a monthly group for 18+ gender-diverse individuals to come together to give and receive support, within a safe and professional environment.

Brisbane— Dallas 1300 364 277

Gold Coast— Jemma 1300 364 277



Community Support

QuAC– The Queensland Aids Council:

<http://www.qahc.org.au/trans-health>

Don't be put off by the name, QuAC's programs are inclusive of trans* people, however they also have a range of programs which are specifically trans* focussed.

Australian Transgender Support Association Queensland:

<http://www.atsaq.com/>

The Australian Transgender Support Association of QLD (ATSAQ) was formed to help, advise and assist the transgender community in Queensland. It is run by transgenders for transgenders and provides emotional/moral support for people with Gender Dysphoria, their families and friends.

Police LGBTI Liaison Officers

Police Liaison Officers to the LGBTI community are available to discuss your issues in confidence, educate and can assist in providing referral services to community based programs and support services. For details please contact your closest police station and ask to speak to an LGBTI Liaison Officer or phone Police Link 131 444.

ANPATH

The Australian and New Zealand Professional Association for Transgender Health actively promotes communication and collaboration amongst professionals involved in the health, rights and well-being of people who experience difference in sexual formation and/or gender expression.

<http://www.anzpath.org/>

Standards Of Care:

http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351&pk_association_webpage=3926

Mental Health:

CYMHS

The Child and Youth Mental Health Service (CYMHS) at Children's Health Queensland specialises in helping infants, children and young people up to the age of 18 years who have complex mental health needs. CYMHS can provide free community based mental health services to young people struggling with their mental health. Operating hours Mon-Fri, 8.30am-5pm.

PH: (07) 3310 9444.

<https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/>

After Hours- 1300 MHCALL (1300 64 2255) is your first point of contact for mental health services providing support, information, advice and referral.

ART (Acute Response Team)

If your child is in crisis the Acute Response Team Crisis Line is available 24 hours a day, 7 days a week.

PH: (07) 3068 2555

QLD Regional Services: