



Tasmanian Gender Service

For children and young people up to 17 years of age

Tasmanian Gender Service (TGS) is for children and young people, and their families, who are experiencing gender related issues. It is a specialised service which offers help for families living in Tasmania. We also work closely with the Gender Service at the Royal Children's Hospital in Melbourne and link in with other specialist gender services across Australia.

We recognise how complex ideas around gender can be and there is a huge range of diversity in how people feel about and express their gender. Both young people and their families can experience some challenges in this process, which we can help with. We always try to adopt a whole family approach.

Our goal ...

To improve the physical, social and mental health and wellbeing of children and adolescents who experience gender dysphoria/gender diversity.

Who is in the team?

We are a small, statewide multidisciplinary team, centred in Hobart, comprised of a Child and Adolescent Psychiatrist, Paediatrician, Paediatric Endocrinologist, Fertility Specialist and Paediatric Registrars.

In addition to these core team members, your family may be seen by one of the professionals in your area. There is a possibility that you may need to travel to Hobart or participate in a Telehealth consultation, however we will let you know about this when the referral is received.

Your child may also be referred to and seen by an allied health professional (social worker, occupational therapist, speech pathologist) if appropriate.

What do we offer?

TGS offers *advice, assessment and treatment* (hormones/ psychological support/ fertility counselling), if indicated, to children and young people who are experiencing significant difficulties with either being gender diverse* (wanting to express their gender in different ways) or experiencing gender dysphoria* (feeling uncomfortable with their gender assigned at birth). Not all young people experiencing gender dysphoria or gender variance will need to be seen by the TGS, although if medical treatment (hormones) is required, then you will need to be seen by the TGS.

Advice – We can offer advice to families on a wide range of issues, when a young person is experiencing difficulties with their gender identity.

Assessment – When the referral is accepted, we aim to see the young person and their family as soon as possible. Young people who are pre-pubertal will be prioritised. Your family will initially meet with one of our team members for an introductory appointment. This appointment will involve understanding why you and your child have sought referral to the TGS, speaking with the young person on their own and providing information about our service and other available community supports. The next step for young people seeking medical intervention, is review with our Child and Adolescent Psychiatrist. This involves a family assessment involving all parents/ carers and siblings if appropriate. If medical interventions are required, your family will meet for a joint appointment with the psychiatrist and a paediatrician to discuss treatment options. We involve a Fertility Specialist for all young people commencing medical intervention and have a Paediatric Endocrinologist who provides oversight for any medically complex co-morbidities. We also use a peer-review process for statewide discussion and ongoing professional development.

Treatment – We can offer advice in relation to psychological needs and medical treatment, as part of a collaborative management plan to help alleviate distress associated with gender identity issues.

Values and ethos

We aim to be non-judgemental, respectful and supportive to your family's individual needs and we appreciate that all families/young people are different.

We encourage freedom of young people to express themselves in whatever way makes them feel comfortable and recognise a wide diversity in sexual and gender identities.

We aim to maintain hope for the future.

We aim to be inclusive and collaborative with your family throughout the process.

We have a holistic approach and can offer help for emotional, behavioural and relationship difficulties that young people and their families may be experiencing.

How will this happen?

We accept referrals from **general practitioners** and **paediatricians**.

Once the referral is received, we will aim to contact you as soon as possible. It is difficult to say how long it will take for you to be seen.

We strongly encourage you to develop an ongoing relationship with your GP throughout this process and we will always keep them informed. Your GP may be required to provide the young person with a mental health care plan, if appropriate.

Research, consultation and training

We strive to continually improve the service we offer to young people and their families. Occasionally, we may be undertaking research to find out what is working well and where there is room for improvement. If this is the case, we will let you know and you are free to opt out if you wish.

TGS can offer advice and support to other professionals who may be working with children/young people and their families.

Guidelines

The TGS provides care that is consistent with The Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children and Adolescents (Version 1.3, 2020).

**We appreciate that many different terms are used to describe difficulties with gender and that the descriptive terms used in this booklet may not be your preferred ones. We will always ask you how you would best like to describe the issues when seen.*

Contact information

Referral from GP and Paediatrician please send to:

Paediatric Outpatient Clinics
GPO Box 1061
Hobart TAS 7001
Facsimile: (03) 6173 0469
Phone: (03) 6166 0000

Tasmanian families wishing to contact the service (please do not email referrals):

Via Paediatric Outpatient Clinics
Phone: (03) 6166 0000
Email: tasgenderservice@ths.tas.gov.au

Mental health hotlines for young people

QLife

www.qlife.org.au – 1800 184 527

QLife services are free and include both telephone and webchat support, delivered by trained LGBTI community members across the country. Our services are for LGBTI individuals, their friends and families, and health professionals in Australia.

Kids Helpline

www.kidshelp.com.au – 1800 55 1800

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Headspace

www.headspace.org.au – 1800 650 890

Chat privately with our professional counsellors over the phone or webchat, seven days a week between 9am – 1am (AEDT).

Website resources

RCH Gender Service

www.rch.org.au

The TGS works closely with the RCH Gender Service and follows The Australian Standards of Care and Treatment Guidelines (the pdf is available through this website). We recommend both parents and young people read through this in detail to understand the roles of the various clinicians in a medical Gender Service and the aspects of medical transition.

Transcend Australia

www.transcend.org.au

Transcend Australia was founded in 2012 and was the first parent led, national peer support network and community for parents and carers supporting their Trans, Gender Diverse and Non-Binary (TGDNB) child in Australia. Transcend has very helpful guides for supporting social transition at home and school.

Working It Out Tasmania

www.workingitout.org.au

Working It Out provides support for parents and families of young people negotiating their gender, sexuality, and intersex status through their Valuing Diversity Framework and LGBTI Schools Inclusion Officer.



Department of Health

GPO Box 125
Hobart TAS 7001

1300 135 513

www.health.tas.gov.au

For people aged 17 and above help can be accessed at:

Clinic 60 (Hobart)

60 Collins Street
Hobart TAS 7000
Phone (03) 6166 2672

Clinic 34 (Launceston)

34 Howick Street
Launceston TAS 7250
Phone (03) 6777 1371