

Improving the Health & Well-being of Transgender Queenslanders



Queensland Association
for Healthy Communities

Introduction

Whilst in recent years the health needs of sex and gender diverse (Trans) people have been included in the LGBT (Lesbian, Gay, Bisexual, Transgender) health agenda, it is important to note that on many, if not most indicators, sex and gender diverse (Trans) people have poorer health and face greater stigma and discrimination than lesbian, gay and bisexual people. In addition the health and legal issues and need for health services, particularly for those who choose to transition, are very different from the needs of lesbian, gay and bisexual people.

As an LGBT health organisation QAHC recognises that while there are connections and similarities between the health and well-being needs and experiences of sex and gender diverse (Trans) people and lesbian, gay, bisexual people, there is also a lot that is different.

This paper has been produced by QAHC to outline the particular health needs of sex and gender diverse (Trans) people in Queensland and to recommend policy changes, activities and services that are needed to meet these needs. A range of sex and gender diverse (Trans) organisations and individuals have contributed to this paper, in addition, research, consultation and policy reports from Australia and overseas were investigated. The paper will be used to inform both QAHC's services and our lobbying efforts with government and mainstream organisations.

Issues for children are largely not covered in this paper due to the particular and highly complex issues involved. However we recognise the move internationally to provide support to children at a younger age (including in some countries puberty blocking treatment) and acknowledge the work of services such as Open Doors in supporting young sex and gender diverse (Trans) people and guidelines developed by the Royal College of Psychiatrists.

While a range of sex and gender diverse (Trans) organisations and individuals have contributed to this paper, it should not be seen to represent the views of the whole sex and gender diverse (Trans) communities.

Terms, Definitions & Diversity

Sex and gender diverse (Trans) people come from a diversity of backgrounds and have a range of different experiences and approaches to their gender identity.

The term 'sex and gender diverse (Trans)' is used in this document as an umbrella term for people whose gender identity is outside or crosses the binary social norms of

'man' or 'woman', including people who are sex and gender diverse, Transsexual, Transgender or sister-girls/brother-boys in Aboriginal and Torres Strait Islander cultures. QAHC recognises that there is a large diversity of terminology and identities among sex and gender diverse (Trans) people and seeks to be as inclusive as possible.

We also recognise that many do not identify as sex and gender diverse (Trans), but simply as male or female.

Sex and gender diverse (Trans) people are defined by having a gender identity that falls outside or crosses socially accepted norms of being a man or woman. We all have a gender identity. It defines an individual's sense of identity in relation to the categories of man and woman. However a sex and gender diverse (Trans) person's gender identity will be different to their biological sex assigned at birth that is the categories of male and female defined by an individual's reproductive organs.

Gender identity disorder (GID) is a recognised medical and psychiatric condition for individuals whose gender identity is different or opposite to their birth sex. The Diagnostic and Statistical Manual for Mental Disorders IV (DSM IV) classifies GID as a psychiatric condition. However some sex and gender diverse (Trans) people consider that GID is a biological condition rather than a psychiatric. Others still reject the notion of a disorder, seeing their gender identity as one of many natural gender variations.

Health & Well-being Research - summary

In 2007 the Australian Research Centre in Sex, Health & Society published 'Tranznation: A report on the health and well-being of sex and gender diverse (Trans) gender people in Australia and New Zealand'. Tranznation is a community sample of sex and gender diverse (Trans) people recruited through a range of strategies to participate in an online survey. In total, 253 people completed the survey, 229 from Australia (90.5%) and 24 (9.5%) from New Zealand. Below is a summary of key quantitative findings from Tranznation (please note there is a wealth of qualitative information in the report):

- 35.2% rated their general health as 'good' and 28.9% as 'very good' – both lower than for the Australian population (Australian National Health Survey, ABS, 2006b).
- 36.2% met the criteria for a current major depressive episode – higher than an LGBT sample (24.4% 'Private Lives') and general Australian population (6.8%).
- 66.7% reported receiving enough satisfactory information about their gender issues from health practitioners/services.
- 73.1% had used hormone treatment for gender-related reasons.
- 39.1% had had some form of gender affirming (sex reassignment) surgery, most of these (71.7%) reported 1 or 2 procedures
- 88.9% of those who had had surgery had attempted to amend documentation to reflect current gender identity compared to only 25.7% who had not had surgery
- 87.4% had experienced at least one form of stigma or discrimination, with 53.4% of participants being verbally abused, 33.6% had received threats of violence or intimidation and 18.6% had experienced a physical attack or other kind of violence.
- 16.1% had experienced partner violence

Accessing Information

Given that sex and gender are core to people's being and sense of self, sex and gender diverse (Trans) people have a need for information covering many facets of their lives. This information is unlikely to be generally available, if at all. Types and examples of information needed by sex and gender diverse (Trans) people includes (but is not limited to):

- **Gender issues** – identity development, diversity of experiences, real life stories
- **Medical issues** – hormones, transitioning (inc. surgery)
- **Health issues** – sex, sexual health, screening (e.g. prostate, cervical, breast, ovarian) long term effects of hormone use, interaction of hormone therapy with recreational drug and alcohol use
- **Social issues** – stigma & discrimination, relationships, family
- **Legal issues** – changing marital status, sex and name on official documents
- **Services info** – peer support, experienced mental health & medical practitioners

Many sex and gender diverse (Trans) people access information from other sex and gender diverse (Trans) people. Peers can be an important source of information and real-life experience, as well as ongoing social support. However one person's experience may not be relevant to another person or their information may be out of date or inaccurate. Those who are socially or geographically isolated may not be able to make contact with other sex and gender diverse (Trans) people. Accurate and up-to-date information that is inclusive of the diversity of people's views and experiences needs to be readily available across the state.



Key actions could include:

- support to sex and gender diverse (Trans) organisations to provide peer support and contact
- production of a printed and electronic guide/manual for sex and gender diverse (Trans) people, that is kept up to date making available a wide range of personal testimonials from sex and gender diverse (Trans) people (e.g. digital stories)
- increase human interest & factual stories in LGBT and mainstream media
- online services directory of sex and gender diverse (Trans) friendly and experienced mental and physical health practitioners (including GPs), support groups, legal support etc (including facility to print hard copy versions)
- promotion of the Gender Clinic (at Biala) as a centre of excellence in Queensland

Standards of Care

The standards of care for sex and gender diverse (Trans) people in use by practitioners in Queensland are based on those produced by the World Professional Association for Sex and gender diverse Transgender Health (WPATH), now in its sixth version. These are also known by their previous name, the Harry Benjamin International Gender Dysphoria Association Standards.

The international standards recommend those with gender identity issues seek help from a mental health professional to assess and diagnose their situation. Those seeking hormone treatment should be supported and assessed by a mental health practitioner and usually participate in psychotherapy. A letter from the mental health professional to the prescribing physician (usually an endocrinologist) is required to access hormone treatment. To receive genital surgical interventions the person must be diagnosed with Gender Identity Disorder (GID), have completed 12 months of continuous hormonal therapy and 12 months of successful, continuous full-time, real-life experience (i.e. living as one's gender identity). They also need letters from 2 mental health professionals. Ideally a multidisciplinary team should be assembled to support the person through their transition. The standards of care are different for children and adolescents.

While the need for thorough assessment and standards of care are generally accepted by sex and gender diverse (Trans) people, there are a range of criticisms of the WPATH standards, or the way they are interpreted and implemented by some practitioners, including (note: these views are not shared by all sex and gender diverse (Trans) people):

- GID should be a biological disorder, not a psychiatric disorder
- Standards are interpreted too rigidly, including definition of gender identity (disorder)
- Confusion between sexuality and gender identity by some service providers
- The focus of the standards become tests that must be passed or hoops to jump through, rather than a supportive, healing process (needs to be a balance)
- Difficulty in accessing skilled and experienced professionals (including: long waiting times, very few sex reassignment surgeons in Australia, emergency support, lack of choice)
- Very high cost of mental health & other professionals, hormones and surgical procedures
- Length of time needed to get access to hormone or surgical intervention
- Lack of detail, especially relating to wider health and wellbeing issues (e.g. safe sex advice, healthy living, dealing with stigma & discrimination)
- Lack of specific information regarding the appropriate administration of hormone therapy for sex and gender diverse (Trans) people
- Above difficulties lead some people to access hormones via the internet and/or access surgery overseas (with little opportunity for follow-up care)



Key actions could include:

- Federal government to develop national sex and gender diverse (Trans) policy, based on WPATH, and establish national centre for excellence in sex and gender diverse (Trans) health and welfare issues with a role to monitor and update policy, best practice standards and provide training and advice for practitioners
- Queensland Health to adopt a Queensland wide sex and gender diverse (Trans) policy, based on WPATH Standards and Gender Clinic policy, but which addresses the wider issues raised above
- provision of funded care packages and a multi-disciplinary team with a case co-ordinator who is able to co-ordinate all services
- increase the capacity of the Gender Clinic to see more clients and reduce waiting lists, especially psychologists
- increase the capacity of the Gender Clinic to provide support and advice to clients and professionals across Queensland
- explore options for subsidising the costs of accessing private psychiatrists/psychologists

Real Life Experience/Transitioning

Under the Standards of Care, sex and gender diverse (Trans) people must live as their gender identity for a minimum of 12 months before they are eligible to access surgery. However many people decide not to have any surgery, only partial surgery (e.g. chest/breast) or not to have surgery for many years. This means the vast majority of sex and gender diverse (Trans) people need support to transition from the gender assigned at birth to their true gender identity, over a long period of time. Examples of support used include by some sex and gender diverse (Trans) people:

- Hormone treatment (through PBS* or internet)
- Hair removal (electrolysis)
- Speech therapy and/or vocal surgery
- Movement coaching/deportment
- Clothing & make-up advice
- Surgery (e.g. hysterectomy, chest surgery, breast augmentation, nose re-shaping, orchiectomy)
- Ongoing counselling/psychotherapy (pre and post-op)

* The Commonwealth Government's Pharmaceutical Benefits Scheme (PBS) provides subsidised access to medicines. Each prescription costs the patient \$31.10 or \$5 if you have a concession card.

Most of these services have to be paid for by the sex and gender diverse (Trans) person (at least in part), and so limits the amount of support that can be accessed, the time it takes to complete transition and creates real financial hardship. Self medication (of hormones) can lead to dangerous side effects if not properly supervised.



Key actions could include:

- federally funded care package for sex and gender diverse (Trans) people which covers costs of sex and gender diverse transitioning
- full access to hormones on PBS for both sex and gender diverse (Trans) men and women (needs to comply with Health Insurance Commission prescription standards)
- education on safe injecting techniques (for hormones)
- production of a printed and electronic guide/manual for sex and gender diverse (Trans) people, that is kept up to date
- sex and gender diverse (Trans) organisations funded to provide peer support and information
- online services directory of sex and gender diverse (Trans) friendly and experienced support services

Surgery

While not all sex and gender diverse (Trans) people can, want to or go on to access sex reassignment surgery, it is an important milestone for many and provides a sense of completion and ease with one's body.

The cost of sex reassignment surgery for sex and gender diverse (Trans) women ranges from around \$12,000 to \$15,000 in Australia. Medicare provides rebates for a number of procedures involved in sex reassignment surgery and private health insurance may also cover some costs (the higher the rate of private insurance, the more it covers). There will also be other additional costs for Queensland sex and gender diverse (Trans) people, such as interstate travel and accommodation. Costs overseas are around \$20,000 to \$25,000. The cost is much higher for Trans men, and the surgery may not be as successful.

As mentioned previously, access to surgeons trained in sex reassignment surgery is limited (3 only in Australia), and none are based in Queensland (although other surgical procedures such as chest surgery are available). Queensland Health does however assist with sex and gender diverse transport costs to the Monash Gender Dysphoria Centre

in Melbourne and follow-up, through the Patient Travel Subsidy Scheme.

Many people especially sex and gender diverse (Trans) women, access surgery from overseas (usually Thailand). While the quality of the surgery is very good (in part due to the relatively high number of operations performed by those surgeons) follow-up due to complications can be difficult and costly. A stay of 4 weeks is usually recommended, including two follow-ups.



Key actions could include:

- full sex reassignment surgery provided through Medicare
- training bursary provided for Queensland surgeon/s to be trained in sex reassignment surgery

Social, Practical and Emotional Support

Whatever choices a sex and gender diverse (Trans) person makes about how they view and deal with their gender identity, there will inevitably be a need at times for social, practical and emotional support.

Telling family members of one's true gender identity and beginning s transition can be a very stressful time for all in the family. While some families are supportive, others can reject the sex and gender diverse (Trans) person, causing further emotional damage. While sex and gender diverse (Trans) people need support, so too do families who will have their own questions and concerns. Family issues can be further complicated by legal problems, including the non- recognition of what becomes same-sex relationships including the government requirement that a transitioning person divorce their spouse before they can be issued with a birth certificate in their new sex.

Given the high cost of transitioning and surgery, most sex and gender diverse (Trans) people wish (or need) to stay in work. Once again, telling work colleagues and employers about one's gender identity and beginning transitioning can be very difficult. Some people choose to leave work and find other employment in their real gender identity, rather than telling their existing workplace.

Rejection by family and loss of employment can lead to significant financial difficulties and even homelessness for some sex and gender diverse (Trans) people. Access to safe homeless shelters and group homes is difficult and some sex and gender diverse (Trans) people have faced violence and discrimination within shelters.

As mentioned previously, peers (other sex and gender diverse (Trans) people) are an incredibly important source of information and support. There are a number of sex and gender diverse (Trans) organisations in Queensland, but these rely on the dedication of volunteers and do not receive any significant funding to support their operations.



Key actions could include:

- joint project with Sex and gender diverse (Trans) organisations and PFLAG to build awareness, knowledge and skills to support families of sex and gender diverse (Trans) people
- training and guidance available for Centrelink and other employment support agencies
- training and guidance for employers on how to assist sex and gender diverse (Trans) people and how to ensure their workplaces are safe for sex and gender diverse (Trans) people
- funded packages to support re-training & job searching and access to a Job Placement Officer trained in sex and gender diverse (Trans) issues
- priority, safe housing available for sex and gender diverse (Trans) people in need
- funding of sex and gender diverse (Trans) organisations to provide peer support and information awareness campaigns in the general community to reduce stigma and discrimination against sex and gender diverse (Trans) people

Other Health Issues

There are a range of health issues that are particular to sex and gender diverse (Trans) people, or affect sex and gender diverse (Trans) people differently, including:

- **Mental health** – dealing with one's own feelings as well as the reactions of those around you (stigma & discrimination), high levels of suicide among sex and gender diverse (Trans) people
- **Domestic violence** – breakdown of relationships can lead to domestic violence
- **Smoking** – use of hormones can increase risk of heart disease in smokers
- **Screening** – sex and gender diverse (Trans) men are at risk from cervical, breast and ovarian cancer, which may be increased due to testosterone therapy and therefore need appropriate screening, sex and gender diverse (Trans) women are at risk from prostate cancer and breast cancer and need appropriate screening
- **Diet & exercise** – using hormones can create weight gain and reduce energy levels of sex and gender diverse (Trans) women (especially when used to the metabolism of a man)
- **Liver health** – damage can be caused to the liver by taking hormones and needs to be monitored
- **Reproductive health** – sex and gender diverse (Trans) women can freeze their sperm (at their own cost) before they start transitioning (long term hormone treatment can lead to infertile sperm), sex and gender diverse (Trans) men have fewer options, including childbirth before transitioning (which may increase distress at physical changes to the body during

'motherhood') or have eggs stored for later fertilisation and implantation into a surrogate. Storing of sperm and eggs can however be extremely expensive. Only altruistic surrogacy is now legal in Queensland.

- **Sexual health** – risks of various sexual acts pre and post transition, sexual enjoyment and fulfilment (for self and partner), issues for sex workers and those experiencing sexual violence
- **Spiritual health** – reconciling teachings of religious groups and spiritual traditions to one's own views and situation. Access to sex and gender diverse (Trans) friendly faith based groups
- **Access** – access to other (non sex and gender diverse (Trans) related) health services can be delayed due to fear of discrimination or lack of money (e.g. dentists)



Key actions could include:

- production of a printed and electronic guide/manual on health & legal issues for sex and gender diverse (Trans) people, that is kept up to date
- training and resources for health, allied and mental health practitioners on supporting sex and gender diverse (Trans) clients
- provision of funded care packages and a multi-disciplinary team with a case co-ordinator who is able to co-ordinate all services
- supporting the ongoing role of GPs to provide care across many of these issues, with access to specialist advice (Gender Clinic) when needed
- ongoing training on sex and gender diverse (Trans) issues to telephone help/counselling lines (e.g. GLWA, Lifeline)
- support to secure future reproductive options (i.e. sperm freezing, IVF & surrogacy)

Workforce Development

As sex and gender diverse (Trans) people utilise a wide range of health practitioners and other support people, there is a heavy reliance on services. Unfortunately the level of knowledge of sex and gender diverse (Trans) issues is very low (or non existent) so sex and gender diverse (Trans) people have to educate service providers again and again. Sex and gender diverse (Trans) people or issues are not usually included in mainstream research and are under-represented in most LGBT research, meaning little robust research evidence is available.

Recently QAHC, in partnership with sex and gender diverse (Trans) organisations, has developed a basic guide for services in providing an appropriate and respectful service to sex and gender diverse (Trans) people. A short training course has been developed. Volunteers from sex and gender diverse (Trans) organisations are also available to give talks and seminars to students and service providers.



Key actions could include:

- increased funding to roll-out QAHC sex and gender diverse (Trans) training course across Queensland
- increased capacity for Gender Clinic to provide training and 1-to-1 support for health service providers
- inclusion of sexuality and gender identity training in undergraduate medical, allied and mental health professional training
- training bursary provided for Queensland surgeon/s to be trained in gender reassignment surgery on-line resource for health, allied and mental health practitioners on supporting sex and gender diverse (Trans) people increase sex and gender diverse (Trans) specific medical, health and social research and over-sampling of sex and gender diverse (Trans) people in LGBT and/or mainstream research

Legal Issues

While not the focus of this paper, there are a range of legal and bureaucratic issues that can impact on the health and well-being of sex and gender diverse (Trans) people, including:

- **Birth certificate** - can be changed in Queensland by a person over 18 years or parent/s of a child, and has been diagnosed with Gender Identity Disorder, is living full time in their gender identity, receiving hormones and has had undergone irreversible treatment (e.g. chest reconstruction, removal of reproductive organs). This must be evidenced by statutory declarations from two doctors, or a Recognition

Certificate from another Australian jurisdiction. "Full" sex reassignment surgery is not required (e.g. phalloplasty). The Births, Deaths and Marriages Registration Act 2003 states the person must be single/divorced, however anecdotally this condition is not always enforced. <http://www.justice.qld.gov.au/justice-services/births-deaths-and-marriages/reassignmentofsex>

- **Marriage** – the existing "heterosexual" marriage of a sex and gender diverse (Trans) person who transitions can not be legally recognised as they would then be seen as a same-sex couple (which current government legislation does not recognise as married). However a sex and gender diverse (Trans) woman can marry a sex and gender diverse (Trans) man/genetic man and a sex and gender diverse (Trans) man can marry a sex and gender diverse (Trans) woman/genetic woman as these unions would be considered as heterosexual.
- **Passport** - can only be changed following change of birth certificate or sex reassignment surgery, even if the person presents as another gender. Following a recent decision of the Administrative Appeals Tribunal, sex and gender diverse (Trans) people can now be issued with a passport in their true gender even if married to someone of the same gender. People travelling overseas for Sex Reassignment Surgery cannot get a passport for travel in their presenting gender (this used to be available).
- **Drivers license** – this is the most frequently used form of identification and so is important for sex and gender diverse (Trans) people. Change of Name requirements: Name can be changed on license, following change of name by deed poll and must be accompanied by an official 'evidence of change of name document' (see below). Change of sex requirements: A licence may be issued in the new sex of a person genuinely undertaking or having undertaken gender reassignment therapy. It applies to people who suffer genuine gender dysphoria, have undertaken to live permanently in their new gender role, and believe that their new gender is their real gender. Documents required: A letter on a consulting psychiatrist's official letterhead stating the following or substantially similar: 'This is to certify that (person's new name) (new sex) is formerly known as (previous name) (previous sex) has been undergoing treatment on a gender reassignment program and should now be regarded permanently (new sex)'" (QLD Dept transport June 2010). Queensland is the only state which shows a person's sex on their driver's licence.
- **Legal change of name** – this is now a complex and expensive, and must be done in the state or territory where the person's birth was registered. It involves completing an application form, providing proof of identity and other supporting documentation, copies of which must be legally certified and in Queensland will incur a fee.
- **Government/educational/service records** – it can be difficult to change sex/gender on government documents, educational qualifications or service records without a changed birth certificate. Even in the case of a new birth certificate it can take many attempts and a lot of running around to get records changed. As mentioned above, sex and gender diverse (Trans) people who are in an existing marriage after sex reassignment surgery are able to amend their passport to their true gender, even while retaining their old birth certificate.
- **Anti-discrimination** – while sex and gender diverse (Trans) people were included in anti-discrimination legislation in 2003, there has not been widespread promotion, or campaigns to prevent discrimination in the first place. There is an exemption allowing religious bodies not to employ sex and gender diverse (Trans) people if it is a genuine occupational requirement to adhere to the body's religious beliefs. Employers, whether state or non-state bodies, may also refuse to employ sex and gender diverse (Trans) people if the work involves the care and instruction of minors. Sex and gender diverse (Trans) people are not covered by federal legislation.

- **People born overseas** – Recognition Certificates from countries outside Australia are not recognised, Proof of Residency needs to be changed if entered the country as one sex, but are now recognised as a different sex, Citizenship Certificate also needs to be changed (recently changed so that Citizenship Certificates don't show sex/ gender). Making changes to documentation by country of birth is complex and time consuming.
- **Prisons** – sex and gender diverse (Trans) offenders who have had sex reassignment surgery are placed in accommodation as per their gender. Sex and gender diverse (Trans) people who have not undergone sex reassignment surgery are placed in single cells while assessment takes place. Accommodation within a placement facility is determined by the general manager, taking into account a range of factors from the perspective of the offender, accommodation facility and staff. Hormone treatment can only be accessed if started before incarceration, on the decision of the Executive Director, Custodial Operations.
- **QLD Police Service** – searching a person requires the person conducting the search must be either a police officer or, someone acting at the direction of the police officer both who are of the same sex as the person being searched; or a doctor acting at the direction of a police officer (see section 624-626 of the Police Powers and Responsibilities Act 2000). When searching a sex and/or gender diverse(trans) person, at this time a police officer must not search a person with genitalia of the opposite sex of the police officer; thus a pre operative Trans woman may be searched by a male officer
- **Reproductive rights** - artificial reproductive technology service providers may refuse to assist sex and gender diverse (Trans) clients on the basis of relationship status or sexuality. While not the focus of this paper, there are a range of legal and bureaucratic issues that can impact on the health and well-being of sex and gender diverse (Trans) people, including:

See: Australian Human Rights Commission (2009) Sex files: The Legal recognition of Sex in Documents and Government Records. http://www.hreoc.gov.au/genderdiversity/sex_files2009.html



Key actions could include:



Remove the exemption for employers to be allowed to discriminate on the basis of gender identity when working with children. There is no proven health, religious or ideological reason that discrimination should be allowed in this context.



National inquiry by the Human Rights & Equal Opportunities Commission into legal, discrimination and health service access issues faced by sex and gender diverse (Trans) people (similar to New Zealand Human Rights Commission inquiry)



Adoption of a system for gender recognition similar to the UK Gender Recognition Act 2004 (including central notification of all government departments by one department)



Adoption of a system for gender recognition similar to the Victorian legislation (January 2005) for those born off shore, but residing in Queensland.



Births, Deaths and Marriages in Queensland to issue clear, accurate guidance on changing birth certificate for sex and gender diverse (Trans) people



Implementation of the 15 recommendations of the AHRC sex and gender diversity project, as advised in the "Sex Files Report"

Further Sources of Information

QLD Trans Support Groups

Australian Transgender Support Association QLD

P: (07) 3843-5024
E: trans.atsa@bigpond.com
W: www.atsaq.com

Changeling Aspects Brisbane

P: 3286 9155 E: knoble@iinet.net.au
W: www.changelingaspects.com

Transbridge Townsville

P: (07) 4779-9229 E: transbridge@mail.com

FTM QLD Support Network

W: <http://groups.yahoo.com/group/ftmqld>

FTM Australian Support Network

E: mail@ftmaustralia.org
W: www.ftmaustralia.org

Seahorse Society of Queensland (Crossdressers)

E: seahorseqld@gmail.com
W: <http://seahorseqld.atSPACE.org/>

Freedom! Gender Identity Association Inc.

Promoting the welfare of gender diverse individuals, their families, friends and allies, in Queensland.

P: 0417 557 130
W: <http://www.freedomgender.org.au/>
E: info@freedomgender.org.au

Trans Sunshine Coast

A social and peer support group for Transgender people, F2M,M2F, Gender queer, Friends and family welcome. One on one peer support available. Second Thursday of the month 5:30pm - 7:30pm

E: kalian1@optusnet.com.au
P: QAHC (07) 5451 1118

QT for T Boys

A group supporting trans men, T boys and gender queer. First Saturday monthly from 2-5pm.

E: QTBOYS@groups.facebook.com

Information for Trans People

GQ: Gender Questioning

a resource for young people questioning their gender or those who know someone who is. Produced by Gay and Lesbian Health Victoria

W: <http://www.glhv.org.au/files/GQv2.pdf>

Online health and fitness magazine for and by trans people

W: www.trans-health.com

Sexual Health Information QLD Health

W: www.health.qld.gov.au/sexualhealth

Queensland Association for Healthy Communities

W: www.qahc.org.au/transgender
W: www.qahc.org.au/sex

Anti-Discrimination Commission QLD

P: 1300 130 670
W: www.adcq.qld.gov.au

Information for Health Practitioners

Brisbane Gender Clinic

P: (07) 3837 5645 (Wed 2-5pm)
or (07) 3837 5611 (Referral only)
(9-5pm all other days)
E: bshc@health.qld.gov.au
W: www.health.qld.gov.au/sexhealth

Information on transgender health for health practitioners

W: www.transgendercare.com

Harry Benjamin Standards of Care Version 6

W: www.wpath.org/Documents2/socv6.pdf

World Professional Association for Transgender Health

W: www.wpath.org

Service Provision Training

Queensland Association for Healthy Communities Inc (QAHC) provides sexuality and gender identity awareness training to support health and health related services provide inclusive services for trans people in QLD.

To find out more information P: (07) 30171777

E: info@qahc.org.au
W: www.qahc.org.au/training

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