

Gender Identity

Mermaids UK

Mermaids UK is a charity that offers support to transgender teens and parents of transgender children. Parents can share their experiences via the 'parent forum', there is also a youth forum for gender diverse and/or young aged between 12-19. Resources such as videos and fact sheets are also available for parents and young people.

Website: <https://www.mermaidsuk.org.uk>

Email: info@mermaidsuk.org.uk

Phone: 0344 334 0550

Gender Identity Development Service (GIDS)

A national service available for young people aged under 18 who are experiencing difficulties related to their gender identity development. GIDS work with both young people and their families. GIDS also see a small number of children of transgender parents.

Referral process

Preferred route of referral is through a local Child and Adolescent Mental Health Service (CAMHS), who will have completed their own holistic assessment.

However, GIDS also accept referrals from other health, social care, and education professionals, including directly from GPs. Unfortunately, self-referrals or referrals from the child/adolescent's family are not accepted. Referral forms can be downloaded online via <http://gids.nhs.uk/referrals>

Once a referral has been accepted, GIDS will write to both the referrer and the young person / the family to confirm this. Professionals, as well as young people and their families, are welcome to contact GIDS directly to discuss a possible referral. ** The waiting time for a first appointment at GIDS is currently at least 14 months from the date of referral (correct as of February 2018). This follows an unprecedented increase in the number of referrals to the service**

GIDS also run groups for parents and for young people (aged 12+) . This provides parents and young people with the opportunity to meet others with similar experiences, to share stories and support each other. Meet ups are held in London, and are aimed at young people, adolescents and/or parents of young people and adolescents currently being seen by GIDS.

Dates can be found here: <http://gids.nhs.uk/london-groups>

Website: <http://gids.nhs.uk/>

Phone: 020 8938 2030/1

Email: gids@tavi-port.nhs.uk

Gendered Intelligence

Gendered intelligence work with the trans community and those who impact on trans lives; they particularly specialize in supporting young trans people aged 8-25.

Last updated September 2018

Information up to date at time of publication

Gendered Intelligence runs a youth group for **trans, non-binary, gender variant** and **gender questioning** young people aged **under 16**. The starting age for the group is 11 years old. Meetings take place at 5pm-8.30 pm at the Underground Youth Centre in Holloway, Islington, N7 8TQ. The Underground is a dedicated youth centre with sofas, a kitchen, a small recording studio and plenty of space for spreading out during sessions. <http://genderedintelligence.co.uk/trans-youth/under-16>

Upcoming groups:

Thursday, 13 September 2018

Thursday, 11 October 2018

Thursday, 8 November 2018

Gendered Intelligence also run a support group for parents and carers on the last Saturday of each month. This group forms part of their Community Saturday sessions. A few times a year they also run events that young people and parents/carers can attend together.

To attend the groups, users are asked to become a member. This costs £60 (per household) or a £35 discounted rate.

More info on groups and how to become a member pack:

<http://genderedintelligence.co.uk/support/families>

Website: <http://genderedintelligence.co.uk/>

Phone: 0207 832 5848 * not a helpline*

Useful Websites

Metro Centre Online <https://www.metrocentreonline.org/youth/trans-youth-support>

Mermaids UK <https://www.mermaidsuk.org.uk>

Gendered Intelligence: <http://genderedintelligence.co.uk/>

Brook : <https://www.brook.org.uk/your-life/category/gender>