



INFORMATION LEAFLET for PARENT/CARER of a TRANSGENDER CHILD

For those feeling overwhelmed start here: -

- <https://transwhat.org/>

For those who think it is a mental illness this video is great: -

- <https://www.youtube.com/watch?v=SnIN722W0wI&t=14s>

Some websites where support and information is available: -

- Mermaids - <https://mermaidsuk.org.uk/parents/>
- LGBT Youth Scotland - <https://www.lgbtyouth.org.uk/>
- LGBT helpline Scotland - <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland>
They also offer a 'livechat' service from their website during the same hours.
- For anyone looking for a counsellor that can afford to pay towards it this is a good site to find them on. <http://rainbowtherapyscotland.org.uk/contact-for-clients/>
- Scottish Trans Alliance - <https://www.scottishtrans.org>
- Scottish support group for parents, families, and carers – email for details transparentsees@gmail.com

A great source for books on trans identities

<https://uk.jkp.com/collections/gender-diversity-gender-diversity-pid-906>

A few books that been recommended for parents by parents -

- Love Lives Here – Amanda Jette Knox
- I Promised Not to Tell – Cheryl Evans
- Helping Your Transgender Teen, 2nd Edition: A Guide for Parents – Irwin Krieger
- Juno Dawson's new book. A guide to transgender for teens but recommended reading for anyone.

Some Other Websites

<https://www.tranzwiki.net/>

<https://www.gires.org.uk/>

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

<https://www.nazandmattfoundation.org/>

Documents

<https://www.lgbtyouth.org.uk/media/1054/coming-out-guide-for-t-people.pdf>

<https://pediatrics.aappublications.org/content/early/2014/09/02/peds.2013-2958>

https://www.sandyford.scot/media/3744/304280_1_1-yp-gender-service-information.pdf

<https://www.gendergp.com/important-documents/>

PTO: -

Gender Clinic

Sandyford in Glasgow is the only **youth (under 17)** gender clinic in Scotland and waiting time is currently around 28 months. It is advisable to register your child with them as soon as you can. To do this it is recommended that you ask your GP to refer you, so they are involved in the process from the start. However, it is possible to contact Sandyford directly to be put on the waiting list.

For adults (over 17) in the Highlands, a referral to the Highland GIC (Gender Identity Clinic) through your GP is required. Do not self-refer or ask your GP to refer directly to Sandyford. (Highland GIC aim to see 17 year olds shortly after they turn 18).

The following is taken directly from the Sandyford Gender Services website –

Sandyford offers a comprehensive gender identity service available to anyone who is uncomfortable or uncertain about their gender identity or expression of their gender. The service primarily assists people who are transgender to facilitate medical and surgical treatments, enabling greater comfort in the face of gender non-conformity. However, the service is also available to any person who feels uncomfortable or uncertain about their gender identity whether they wish to change their gender or not.

Contacting the Gender Service

All initial enquiries or issues should be raised via email to the [adult gender team](#) or [young people gender team](#) and a member of the team will get back to you. Please provide your full name (or the name you have registered with at the service) along with your date of birth and address. This will help to deal with your enquiry more efficiently.

For under 17's email - youngpeoplegender.sandyford@ggc.scot.nhs.uk

For over 17's email - adultgender.sandyford@ggc.scot.nhs.uk

You can phone on 0141 211 8137 for the adult service and 0141 211 8618 for the young person's service.

The phone lines are only open from 8:30am - 11:30am Monday - Friday.

If you are unable to attend your appointment or for any other urgent matters, please call or email the service with the subject line "Unable to Attend". If you do not inform that you are not able to attend, you risk being removed from the list as there are many patients waiting for appointments.

More information at - <https://www.sandyford.scot/sexual-health-services/gender-identity-service/>

This last bit came from a transgender person who gave me some advice: -

And lastly if all else fails I recommend they watch the video about Patti Sue Mathis to make them realise why they should support their trans kids.

<https://www.youtube.com/watch?v=EU7uZtJhxpw>

This leaflet was compiled in **May 2021** by the parents of a transgender child – A lot of this list has come from LGBT Health who took some time to talk with me and for that I am very grateful. All the information you read should be supportive to the person going through a transition. It is their journey so feel honoured that they want you to join them on the ride and above all else just keep on loving them. As a Christian, I found most churches very supportive and the advice they gave me was to support and love my child, nothing more. It was great advice.