

Print this sheet out and take to your GP appointment

Date:

Dear [GP Name]

I've come to talk to you today about my gender identity. I appreciate you taking my concerns seriously and would like you to understand that this may be hard for me to talk about.

ly gender identity is:				
ly preferred pronouns are:	She / her	He / him	They / them	Other:
ly Goals are				
ly Challenges are				

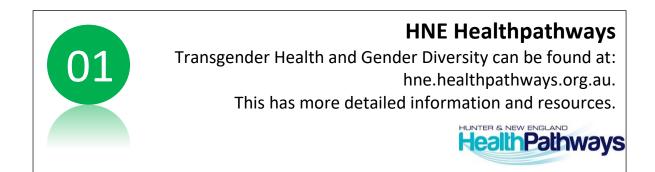


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Dear [GP Name]

Your patient is bringing this to you because they / their family would like to discuss their gender identity. Identify their goals.

A supportive approach is needed for children and their families, HNE Health recommends:





Consider Mental Health Referral

Urgent: Mental Health Line 1800 011 511 Non-Urgent: Your Local Headspace Local ACON

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Refer Patient to Maple Leaf House

Dr Robert Tait and Dr Katie Wynne HNELHD-JHCHMapleLeafHouse@Health.nsw.gov.au Ph (02) 4016 4980

The specialists will make an assessment and start an individualised plan. Depending on the patient, it may look like this:

Diagnose gender incongruence Consider hormone therapy with testosterone or oestrogen



Shared care for ongoing health surveillance