

## Further support

Below are just some of the resources that are available, both locally and nationally.

### 2BU

A Lesbian, Gay, Bisexual and Trans (LGBT) group based in Somerset specifically for 13-24 year olds. Operating from Taunton but providing county-wide support, the group offers peer support, 1-2-1 support workers, guidance, advice and signposting services. There are weekly meetings for 13-18 year olds and a monthly meeting for 18-24 year olds.

Visit [www.2bu-somerset.co.uk](http://www.2bu-somerset.co.uk) or contact **07799 136552**.

### The Beaumont Society

A self-help body run by and for the transgender community, providing support to Trans people and their families. Visit [www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk) or email [enquiries@beaumontsociety.org.uk](mailto:enquiries@beaumontsociety.org.uk)

### NHS Somerset

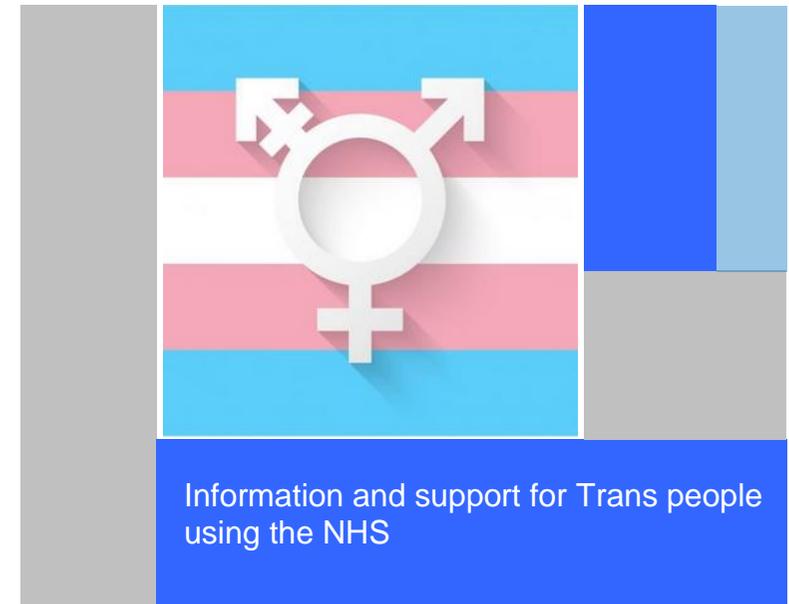
Wynford House, Lufton Way, Yeovil BA22 8HR

Phone: 01935 384000

Email: [somicb.enquiries@nhs.net](mailto:somicb.enquiries@nhs.net)



## Transgender service user information



This leaflet is designed to answer some of the questions you may have about the treatment you can expect from the NHS. You will also find information about organisations that may be able to provide you with further support and information.

We know that you may have a preferred way to describe your gender identity. For the purposes of this leaflet, we will use the term 'Trans' which should be taken to include all other gender identities.

## Who provides NHS Trans services?

Somerset Clinical Commissioning Group (the CCG) does not directly commission Trans services for the county. These are commissioned by NHS England's Specialised Commissioning. You can find more information about NHS Specialised Commissioning by visiting [www.england.nhs.uk](http://www.england.nhs.uk) and clicking on 'Commissioning'.

## How do I get a referral?

If you would like a referral to one of the NHS Trans services, your GP can do this for you. Because these services are specialised, there are only two providers in England, so it is worth knowing that you may need to travel to access them.

Firstly, you only need a referral to a Gender Identity service if that is right for you. Not everybody would either need or want a referral to either of the commissioned services. Your GP should ask you if you would like to access an appropriate service. In most cases, your age will determine which service is best for you.



## Which service should I access?

**If you are over 18**, services are provided by the Gender Identity Clinic (**GIC**) and your GP will refer you to this clinic. You can learn more about the GIC at [gic.nhs.uk](http://gic.nhs.uk)

**Most people under the age of 18** will be offered a referral to the Gender Identity Development Service (**GIDS**). More information about GIDS can be found at [gids.nhs.uk](http://gids.nhs.uk)

**If you are aged between 17 years and 6 months and 18**, you may be asked if you would prefer to be referred to the GIC (the adults' service). If you are unsure which option would be best for you, you should talk to your GP or get some guidance from one of the organisations detailed on the back of this leaflet.

## Will I need a mental health referral?

There is a common misconception that a mental health referral is necessary for every individual looking to access Gender Identity services.

There may be occasions where your GP thinks that you might benefit from certain emotional or psychological support, and this may be offered to you at the same time. If you are concerned about the reasons for this, you can discuss this with your GP.

Neither GIC nor GIDS requires a mental health referral unless there are other concerns.

