

Resources for trans and gender diverse young people



Sometimes it's hard to know where to go to get helpful, credible information about mental health for trans or gender diverse young people.

Here are some good places to start getting information that might be helpful.

If you are feeling really down or thinking about suicide it's important to get as much support as possible, including professional support. Call [Lifeline](tel:131114) on 13 11 14 or go to our [Get Help Now](#) page for more options. [Telethonkids.org.au/get-help](https://telethonkids.org.au/get-help)

Resources

Coping with Gender Dysphoria :

Check out our tips for [Coping with Gender Dysphoria](#). telethonkids.org.au/gender-dysphoria

Coming Out:

Check out Minus18's guide to [coming out as trans](#), [tips for coming out](#), and [other coming out content](#). minus18.org.au

Guide to Medical Transition:

Figuring out how to go through medical transition can be challenging and the service options and pathways vary depending on where you live. Contact [QLife.org.au](https://qlife.org.au) on 1800 184 527 or one of the community support and info services below to figure out exactly what will work for you.

Check out [Minus18's Guide to Medical Transition](#) or the Northern Territory Government's info for [trans and gender diverse adolescents and children](#) for an overview too. The NT Government have a handy [Trans Service Pathways flow chart](#) that breaks it down simply. nt.gov.au/wellbeing/transgender-and-gender-diverse-services

Community Support and Info Services



QLife
qlife.org.au

Information and resources about LGBTI diversity and mental health, and support or referrals through telephone counselling or webchat.



headspace
headspace.org.au

Information on mental health and LGBTI diversity, local LGBTQI groups and counseling, and online and telephone support and chat counseling through eheadspace. Contact your local headspace centre or eheadspace.org.au.



Youth Beyond Blue
youthbeyondblue.com

Information and support online or by phone.



Reachout.com
reachout.com

Online information and chat support for mental health, including coping with stress, bullying and more.



Minus18
minus18.org.au

Information on gender and sexuality based in Melbourne.



Parents of Gender Diverse Children
pgdc.org.au

Support and information for parents of trans and gender diverse young people. Based in Melbourne.

Key state and territory based services

Australian Capital Territory		A Gender Agenda genderrights.org.au	Peer support and information for trans, gender diverse and intersex people.
New South Wales		Twenty10 twenty10.org.au	Support, counseling and information for LGBTI young people.
		Gender Centre gendercentre.org.au	Peer support and information for trans, gender diverse and intersex people.
Northern Territory		Northern Territory AIDS and Hepatitis Council ntahc.org.au	Information and referral for LGBTIQI people.
Queensland		Open Doors Youth Service opendoors.nef.au	Support services for LGBTIQ+ young people and their families.
		Queensland AIDS Council quac.org.au	Health promotion, community development, a gender clinic and support for trans people.
South Australia		Trans Health SA transhealthsa.com	Health, legal and support information for trans people.
Tasmania		Working It Out workingitout.org.au	Support and education for LGBTI people.
Victoria		Equinox Gender Diverse Health Centre equinox.org.au	Counselling and health services for trans people.
		Transgender Victoria transgendervictoria.com	Information for trans people.
		Zoe Belle Gender Collective zbgc.org.au	Online support, referrals, recommendations and resources for trans people in Victoria. They also have a national directory of resources.
Western Australia		TransFolk of WA transfolkofwa.org	Community and peer support for trans folks.
		Freedom Centre freedom.org.au	Peer support and information for LGBTI young people.

This information sheet was developed by Telethon Kids Institute as part of the development of 'SPARX-T'; a serious game designed to prevent depression in trans and gender diverse young people.

