

Glossary of terms

Affirming gender - The process of adopting a way of life or body that matches a person's sense of their gender

Bisexual - A person who is sexually and emotionally attracted to people of both sexes

'Coming Out' - The process through which an individual comes to recognise and acknowledge (both to self and others) his or her sexual orientation/gender identity/intersex status

Cis - A person who identifies with their birth assigned sex e.g. ciswoman, cisman

Gender Identity - The gender that a person identifies as, regardless of their biological sex

Difference of Sex Development (DSD) - A term which describes a range of conditions in which a person's genetics, hormones, internal organs or external genitalia are atypical (see also 'intersex')

Female-to-male - Adjective to describe individuals assigned female at birth who are changing or who have changed their body/or gender role from birth-assigned female to a more masculine body or role

Gay - A homosexual person - man or woman (see also lesbian)

Gender dysphoria - Distress or discrepancy between a person's gender identity and that person's sex assigned at birth

Gender diverse - An umbrella term used to describe all those whose gender identity is at odds with their biological sex

Gender fluid - A gender identity where gender varies over time and may be a mix of male, female or other non-binary identity, or combination of identities

Genderqueer - Identity label used by individuals whose gender identity and/or role does not conform to the categories of man or woman, male or female

Homosexuality - Romantic attraction, sexual attraction or sexual behaviour between members of the same sex or gender

Intersex - A general term used for a variety of conditions in which a person is born with a reproductive condition or sexual anatomy (internal and/or external) that are not typically 'male' or 'female' (see also 'Differences of Sex Development')

Lesbian - A woman whose enduring physical, romantic, and/or emotional attraction is to other women

Male-to-female - Adjective to describe individuals assigned male at birth who are changing or who have changed their body and/or gender role to a more feminine body or role

Non-binary - A general term for gender identities that are not exclusively male or female (see also genderqueer)

Pansexual - Not limited in sexual choice with regard to biological sex, gender or gender identity

Queer - An umbrella term for sexual and/or gender identities who do not correspond to established ideas of sexuality and gender, especially heterosexual norms

Sexual Orientation - Sexual attraction towards people of a particular sex (or sexes in the case of bisexuality). This is different to a person's sex or gender identity

Trans or Transgender - A general term for a person whose gender identity is different to their sex at birth or upbringing. Within Aboriginal communities the terms Brotherboy and Sistergirl are sometimes used to describe transgender females and males

Transition - A term used when a person begins living as the gender with which they identify rather than the gender they were assigned at birth, which often includes changing one's first name as well as dressing and grooming differently

Helpful websites and contacts

NT AIDS and Hepatitis Council

The key non-government organisation working in the area of blood borne viruses, education and support for LGBTQI people in the NT.
www.ntahc.org.au

QLife

An Australian online counselling and referral service for LGBTI people of all ages. Telephone: 1800 184 527
www.qlife.org.au

Black Rainbow

A national Aboriginal and Torres Strait Islander LGBQTI suicide prevention, support and advocacy organisation. www.blackrainbow.org.au

The Gender Centre

Resources, support and services for the transgender and gender diverse community (NSW).
www.gendercentre.org.au

ACON

A NSW based health promotion organisation specialising in HIV prevention, HIV support and LGBTI health and wellbeing.
www.acon.org.au

Transgender Victoria (TGV)

An organisation which provides support and services to the transgender community and works in partnership across a wide sphere of issues including education, research and policy issues.
www.transgendervictoria.com

www.health.nt.gov.au

[f](#) NTGovHealth [@nt_health_](#) [in](#) NTHealth

For brochure supply, contact
RDHEndocrine.DoH@nt.gov.au

DEPARTMENT OF HEALTH

HEALTH AND WELLBEING

SERVICES FOR TRANSGENDER ADULTS



Health and Wellbeing Services for Trans and Gender Diverse Adults

This guide is about the steps you can take and the health professionals who can help you with your gender identity.

Each person's gender expression is unique. There is no 'right' or 'wrong' way to express gender.

Health professionals and support groups can help you follow your own journey and make choices about health care and services. You can take these steps at different times, and repeat steps if needed.

Transitioning is the process of changing gender from the one given at birth, to line up with your own sense of identity which can be physical, psychological, social and emotional. This can include non-binary genders – neither exclusively male nor female.

Health treatment and care can include hormone treatment or surgery to change your body. Transitions may be temporary or permanent. Many health and wellbeing services are covered by our public health system, but there are also costs for some specialised services and medications.

The important thing is to find the right care and services at the right time for you.

STEP ONE

Seek information and professional support



Let your doctor know that you are questioning your gender and want to talk more about this.

Contact the Northern Territory AIDS and Hepatitis Council or ask your usual doctor for advice about Lesbian, Gay, Bisexual, Transgender, Queer, Intersex and inclusive of all other identities (LGBTQI+) friendly doctors.

Visit a LGBTQI+ friendly¹ doctor and let them know you want to talk about gender identity issues.

A LGBTQI+ friendly doctor will be able to provide advice, information, support and referrals to experienced support and specialist services. You can talk with them about hormone treatment, effects, timeframes and what is involved.

The Northern Territory AIDS and Hepatitis Council can also help you with:

- ✓ advice around costs of services
- ✓ connections with other trans people or support groups
- ✓ advice and support with housing, transport or emergency help
- ✓ attending appointments

Mental health professionals include counsellors, psychologists and psychiatrists (you need a referral from a doctor to see a psychiatrist).

Getting help when problems develop can reduce the effects of mental health problems in your life in the short and longer term. Mental health professionals can also refer you to other medical specialists.

STEP TWO

Link up with peer and social support services



Get in touch with support groups.

Social support will connect you with other people going through similar experiences. Sharing your story can help improve your mental and physical health. There are several Australian peer and social support groups for trans people. For information on social support services in the Territory, contact the Northern Territory AIDS and Hepatitis Council, or see back page for other contacts.

STEP THREE

Talk to health specialists



An experienced LGBTQI+ doctor service provides general health care as well as expert advice on assessment for gender dysphoria² (GD) and treatment options for transition processes, including hormone treatment, surgical options and mental health referrals. They may be able to start hormone treatment with your consent. They can also refer you to other specialists.

Sexual Health Physicians can provide an assessment for GD. Some doctors must get your GD diagnosis information before starting hormone treatment or other medical services. Sexual health physicians can also help with sexuality, sexual dysfunction, sexually transmitted infections and fertility.

A LGBTQI+ experienced mental health specialist. Mental health specialists in gender issues include clinical psychologists and psychiatrists. Some mental health professionals can provide an assessment for GD. There are public and private mental health professionals, with some experienced interstate clinicians available on a visiting basis.

Endocrinologists are medical doctors specialising in hormones and how they work. They can prescribe hormone treatment to make a physical transition in gender. There are public and private medical endocrinologists, with different waiting times and costs. You will need a referral from a psychiatrist or doctor to see an endocrinologist. Clients with a diagnosis of GD may be prioritised.

Speech pathologists can help change your voice and communication manner. This is a specialist area of voice therapy and you may also have to travel interstate to find someone who is experienced in this area. You do not need a referral to see a speech pathologist.

Experienced and specialised surgeons in gender reassignment. Surgical options include breast augmentation or reduction and plastic surgery procedures. Sex reassignment surgery is not available through the Northern Territory public health system, however doctors can provide referrals and interstate contacts.

In Australia patients must have a diagnosis of GD before you can have surgery. There is usually also a requirement to undertake the 'real life experience' of 12 months living as a person of your affirmed gender.

STEP FOUR

Change your name and/or your gender marker



Changing your name and gender marking can be time consuming, may require medical information and may cost money. Updates to Northern Territory laws may make changing official documents easier for you.

You can also choose to nominate a 'preferred name' on some records and identity documents.

NORTHERN TERRITORY GOVERNMENT DOCUMENTS AND RECORDS

Changing your name in the Territory is possible if:

- You were born in the Territory
- Have been a resident for more than 12 consecutive months
- Are an Australian citizen or permanent resident

For further details visit: <https://nt.gov.au/law/bdm/legal-change-of-name/legally-change-your-name>

Changing your (or a child's) sex or gender on a Northern Territory birth certificate is possible. There are other requirements which must be met prior to your birth certificate being amended. Sex or gender options are: male, female, non-binary and unspecified. For further details visit: www.nt.gov.au/law/bdm/register-a-change-of-sex-on-abirth-certificate

To change your name on your driver's licence you need to present at least three documents to prove identity. For further details visit: <https://nt.gov.au/driving/licences/changing-your-name>

AUSTRALIAN GOVERNMENT DOCUMENTS AND RECORDS

The Department of Human Services website has information about changing Medicare, Centrelink and Child Support details as well as any other Australian Government documents and records. For details visit: www.humanservices.gov.au/individuals/enablers/updating-your-gender-details-us

Australian Passports can be issued to sex and gender diverse applicants and re-issued to change gender status. For further details visit: www.passports.gov.au/passportsexplained/theapplicationprocess/eligibilityoverview/Pages/changeofsexdoborpop.aspx

¹ Service or business environment considered to be welcoming and safe for lesbian, gay, bisexual, transgender, queer and intersex people (inclusive of everybody) and clients

² The distress or discomfort a person experiences as a result of not identifying with their gender assigned at birth