

Transgender Advice and Support

Local support and advice is available for Liverpool children and young people up to 25 years old who are exploring sexuality or gender identity or identify as Lesbian, Gay, Bisexual, Transgender, Queer or (+) another part of the rainbow family.

Face to Face:

YPAS offer **wellbeing services** that young people can attend:
GYRO group - offers age-appropriate youth groups for children and young people aged 11-25 who are exploring sexuality or gender identity or identify as LGBTQ+.

THE Action Youth - specifically focused on gender identity which enables young people aged 11 to 18 to realise that they are not the only ones who feel this way.

Mersey Care Trans Support Service supports transgender and gender non-conforming people aged 18 and upwards by listening to and informing them of available options to relieve their gender distress and empowering them to move forward with their lives.

Alder Hey CAMHS for 0 to 18 support.
You can make a CAMHS **Referral online**.

In school or college you can talk to your school Mental Health Lead, **School Nurse**, Pastoral Team or a trusted adult.

Your GP can talk to you about your mental health and help introduce you to the right mental health service for your needs.

Online Information & Support:

Kooth (10-25) provides free, safe and anonymous support for young people.

Liverpool C&YPMH website

contains information about looking after your mental health and emotional wellbeing, links to support services available and how to make a referral if you need the support of a professional.

The **Proud Trust** offers **Proud Connections Live Chat** (across the UK) to provide online chat support for LGBT+ young people and the adults in their lives and many resources on their website.

Proud Connections: Parents & Carers is an online peer support group for the parents and carers of LGBT+ young people facilitated by experienced staff members from The Proud Trust.

NHS Trans Teenager advice for teenagers questioning their gender.

Building resilience

Resilience is important for young people's mental health. Having resilience enables people to manage stress, which is a natural response to difficulties in life. Stress is a risk factor for mental health conditions such as anxiety and depression - **Resilience Framework**

You can also find charities and support groups on the **Tranzwiki page on the Gender Identity Research & Education website**.