

GENDER WELLBEING

SERVICE

The Gender Wellbeing Service is a free, confidential service and safe space for people who are questioning their gender or who identify as Trans or Gender Diverse.

Counselling Service

The Gender Wellbeing Service provides non-crisis confidential counselling for Trans and Gender Diverse people who are 12 years old and over with mild to moderate mental health concerns.

To access our counselling service, a Mental Health Care Plan is required from a GP.

Our Counsellor is an Accredited Mental Health Social Worker and can provide counselling around a range of challenges impacting on the mental health and wellbeing.

Note: Counsellor is not able to clinically diagnose gender dysphoria. Assistance in referral to other professionals for this purpose is available through Counselling or Peer Support Program.

Peer Support Program

We offer a Peer Support Program for Trans and Gender Diverse people including a Peer Support Worker and a team of volunteers with lived experience of gender diversity.

Our Peer Support Worker provides short term, goal orientated support for people 12 years old and over which is tailored to each person's need. This includes referral pathways to additional services and supports.

Our volunteers offer one-one informal support for Trans and Gender Diverse people who are 18 years old and over and their supports from a lived experience perspective.

NOTE: Our peer support services do not replace professional counselling.

How to access the Gender Wellbeing Service

1. Obtain a Mental Health Care Plan (MHCP) from GP
2. Ask your GP to send MHCP to the Gender Wellbeing Service via fax: 7099 5399
3. We will contact you to arrange your first appointment
4. Attend appointments with Counsellor

How to access the Gender Wellbeing Peer Support Service (including volunteer program)

1. Contact SHINE SA via phone
2. Make appointment with the Peer Support Coordinator
3. Attend appointments (via phone/face to face) with Peer Support Coordinator

Enquiries Tel 7099 53320 or visit shinesa.org.au

Locations **Hyde Street Practice** 57 Hyde Street, Adelaide SA 5000

Headspace Port Adelaide 78-80 St Vincent Street, Port Adelaide SA 5015