

{{ name |possessive }} healthcare guide

# My Gender Journey

## Why I’ve made this document

I have made this guide as my gender identity is different from the sex I was assigned at birth and I'm seeking gender affirming care to align with this. I hope that that this document provides sufficient insight into my healthcare needs and the relevant guidance, Allowing for the best care to be provided.

## {% if formal\_diagnosis %} Formal Diagnosis

I have received my formal diagnosis from a gender specialist, this affirms that I meet the criteria for gender dysphoria as defined by the DSM-5.{% endif %}

## {% if self\_med %} Medication Status

{{ self\_med }}

## {% elif self\_med\_likely %} Medication Status

{{ self\_med\_likely }}{% endif %}

{{ bloodwork\_desired }}

{{ hrt\_desired }}

{{ shared\_care }}

# My healthcare needs

## {% if bridging\_desired %} A bridging prescription

{{ bridging\_desired }} {% endif %}

# References

{% if bridging\_desired %}

Royal College of Psychiatrists, 2013. Good practice guidelines for the assessment and treatment of adults with gender dysphoria. p.25. Available at: <https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/college-reports/cr181-good-practice-guidelines-for-the-assessment-and-treatment-of-adults-with-gender-dysphoria.pdf>.

www.gmc-uk.org. 2022. Trans healthcare - Mental health and bridging prescriptions. [online] Available at: <https://www.gmc-uk.org/ethical-guidance/ethical-hub/trans-healthcare#Mental%20health%20and%20bridging%20prescriptions> [Accessed 3 June 2022].

NHS England, 2019. Service specification: Gender Identity Services for Adults (Non-Surgical Interventions). [online] p.30. Available at: <https://www.england.nhs.uk/wp-content/uploads/2019/07/service-specification-gender-dysphoria-services-non-surgical-june-2019.pdf>.

{%endif%}