

## PLEASE NOTE:

Gender reassignment treatment is radical and for the most part irreversible.

Only those who meet strict guidelines for physical and mental wellbeing will be considered for such an intervention.

Private health cover is also recommended for those who wish to proceed to surgery.

## Protecting Your Privacy

The Gender Dysphoria Clinic promotes and protects the privacy of individuals utilising our service. We comply with the Privacy Principles in the Victorian Health Records and Information Privacy Acts and follow the guidelines set out in the Southern Health Privacy Policy.

## Freedom of Information (FOI) requests

The FOI Officer  
Southern Health  
PO Box 6015  
DANDENONG 3175

## Complaints process

Complaints Officer  
Southern Health  
PO Box 6015  
DANDENONG 3175

The Gender Dysphoria Clinic is part of the CAMHS and Primary Partnerships Directorate of the Southern Health Mental Health Program

*Providing a specialist assessment service for Victoria and other Australian States and Territories.*

Southern Community Mental Health Service  
352 South Road  
MOORABBIN 3179

Phone: (03) 9556 5216

Fax: (03) 9553 4839

Email: [genderclinic@southernhealth.org.au](mailto:genderclinic@southernhealth.org.au)

## Feedback

Our service is responsive to the needs of referrers and clients. If you have feedback please contact:

The Manager  
Gender Dysphoria Clinic  
Southern Community Mental Health Service  
352 South Road  
MOORABBIN 3179  
Phone: 9556 5216

Southern Health is accredited by the independent Australian Council on Healthcare Standards in recognition of the achievement of acknowledged standards, and the commitment to continuous improvement in the provision of healthcare services.

# GENDER DYSPHORIA CLINIC

Information for GPs, primary care  
providers and consumers



Southern Health

Better Health for Our Community



OUR VALUES: integrity, compassion,  
accountability, respect, excellence

## The Southern Health Gender

**Dysphoria Clinic** is a multidisciplinary team comprising Consultant Psychiatrists, a Social Worker, Clinical Psychologist, administrative support, and external private consultants in Speech Pathology, Endocrinology and Plastic Surgery. It provides an intake service for people who are seeking advice, opinion and assessment for gender dysphoria.

### What we offer

- General information and education about gender dysphoria.
- Assessment of individuals experiencing gender dysphoria, carried out according to internationally accepted criteria.
- Referral options for those seeking counselling for themselves or a family member experiencing gender dysphoria.
- Facilitating referrals for people considered appropriate for gender reassignment to specialists.
- Facilitate and support the 18 months 'Real Life Experience' where surgical candidates are required to live in their chosen gender prior to surgery.
- Limited post operative support and follow-up where desired.

### What we don't offer

Although the Gender Dysphoria Clinic does not directly provide speech pathology, endocrinology or surgical interventions it does facilitate and co-ordinate appropriate referrals to external specialists who consult with the clinic.

### How to make a referral

Referrals must be made in writing by a GP, Psychiatrist or other mental health professional. A personal statement and two photographs of the client are also required and should be directed to:

**Clinical Director**  
**Gender Dysphoria Clinic**  
**Southern Community Mental Health Service**  
**352 South Road**  
**Moorabbin 3179**  
**Phone: 9556 5216**

### What happens at assessment

Two independent psychiatric assessments are required from the Gender Dysphoria Clinic.

A psychological assessment will also usually be provided.

Outcome of assessments are fed back to the client and referrer, and options for further support or treatment are discussed.

### What happens next

There are numerous treatment options for people experiencing gender dysphoria. Gender Identity Disorder (G.I.D) is one form of gender dysphoria which may be treated by hormone therapy, with or without surgery.

For gender dysphoria generally, psychotherapy and support may be offered and people with G.I.D. may also choose this path. If hormone therapy or surgery are sought, clients are obliged to provide results of a general medical examination prior to proceeding.

Where gender reassignment is assessed as appropriate and the client provides informed consent, a minimum of 18 months 'Real Life Experience' in the preferred gender role is required. During this period the client is expected to attend ongoing assessment and support. Hormone therapy is usually commenced after three months of the Real Life Experience.

The clinic will arrange referral to appropriate professionals during this period (eg. speech therapy, endocrinology, psychotherapy) and provide support to family members if desired.

During the 18 month Real Life Experience a referral to the surgeon specialising in the field of gender reassignment surgery will be arranged.

Short term post operative follow up is also offered by the clinic