



Gender Dysphoria Therapeutic Service - Information for Young People

This service is for Young People aged 11-18 from Southampton & Hampshire who are experiencing confusion, distress or social difficulties related to gender identity. Based in central Southampton, it provides therapeutic group sessions as well as some limited support for parents, carers and involved professionals where appropriate.

The group aims to provide a safe space where you can:

- explore gender identity and what it means to you
- talk with other young people who are facing similar (as well as different) challenges
- consider healthy and positive ways of managing gender related difficulties

If you are involved with any other professionals we will ask your permission to talk with them as we would not want this work to replace other help you are receiving. We keep the things you bring confidential unless we have reason to be concerned about your own or somebody else's safety, in which case we may share these concerns with parents/carers and/or other professionals.

Support for families

If you are under 18, we prefer to meet with you with a parent/carer at our first appointment if possible. If there are problems with this we are happy to talk about them with you. Where needed we can offer a small amount of further support to your family to reflect on your gender concerns and take time to think together about the implications of any changes you want to make.

Group sessions

The group meets weekly during term time on a Thursday evening between 5.15 and 6.45 pm and has a maximum of eight group members at any time. The focus is on learning from as well as supporting each other as we find there are lots of alternative ways of thinking and feeling about gender in the group. We have art materials available and sometimes people choose to paint, draw, make things or play games as well as talk. It is not a 'drop-in' service so members attend regularly to build trust with each other. We have some fun and laughter but we also do address challenging and sensitive issues such as the variety of different options available for managing gender related concerns. If you want to join we will ask you to:

- commit to attending regularly to build trust and help each other feel safe about exploring thoughts and feelings
- let us know if you are unable to attend one week
- let us know if you are particularly struggling
- be thoughtful about each other and open to looking at things from different perspectives
- keep each other's information confidential and within the group.

How can I access the service?

If you have questions or would like to talk to someone informally about our service, please telephone us c/o Yellow Door on **02380 636312** and ask to speak to Jo or Cliff about this service. Alternatively you can fill out and return our referral form available <https://www.yellowdoor.org.uk/gender-dysphoria>. We do not work full time for this service and usually have a waiting list but will attempt to contact you within four weeks of receiving your form.