



***ACCESSING
GENDER-AFFIRMING
CARE IN AOTEAROA***



DISCLAIMER

This booklet aims to provide accessible information about gender affirming healthcare in Aotearoa New Zealand. RainbowYOUTH has worked hard to research and collate information about gender affirming healthcare available to people living in Aotearoa, but RainbowYOUTH is not qualified to provide expert advice on these matters itself.

You should therefore always seek advice about your own situation before making a decision. For further information, see the Ministry of Health website: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders>.

Please note: This booklet is for information purposes only. It may not address all relevant issues and is not a substitute for seeking medical or legal advice. Always consult your doctor, sexual health clinic, or other health professional if you are unsure about any health service or treatment. Remember that what is written in law and how it is applied can change depending on each person's situation. RainbowYOUTH recommends that you reach out to YouthLaw (or any of the other services referred to in this booklet) to seek further advice about your particular circumstances, and the potential next steps available to you.

MAP OUTLINING GENDER-AFFIRMING HEALTHCARE SERVICES ACROSS AOTEAROA

Disclaimer: This data has been collected from DHB websites, and OIA requests. Services available will vary over time, and may have changed since production of this map. Consult your local DHB website for more information.

KEY TO MAP:

- C** CHEST SURGERY
- F** FERTILITY PRESERVATION
- H** HYSTORECTOMY
- HT** HORMONE THERAPY
- O** ORCHIECTOMY
- P** PUBERTY BLOCKERS
- V** VOICE THERAPY

NORTHLAND

F V P HT H O

WAITEMATA

O H F C P

AUCKLAND

O H F C P HT

COUNTIES MANUKAU

V O H F C P HT

BAY OF PLENTY

F V P C

WAIKATO

O H P V F HT

TAIRAWHITI

LAKES

HT P

C P H O HT

TARANAKI

P HT H V

HAWKES BAY

P HT

WHANGANUI

P HT F

MID CENTRAL

F P HT

HUTT

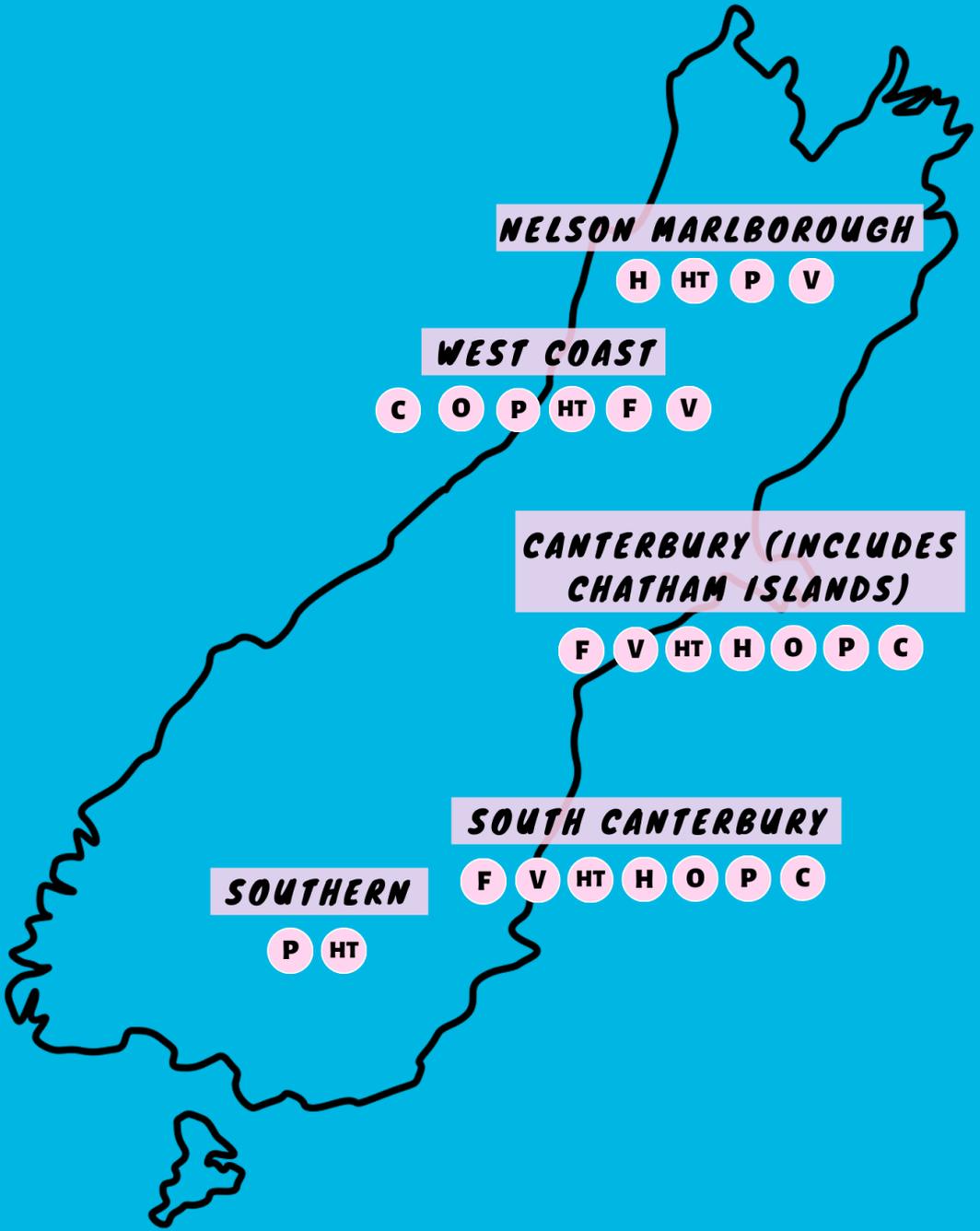
V F H O P HT

CAPITAL & COAST

V F H O P HT

WAIRARAPA

V F H O P HT



NELSON MARLBOROUGH

H HT P V

WEST COAST

C O P HT F V

CANTERBURY (INCLUDES CHATHAM ISLANDS)

F V HT H O P C

SOUTH CANTERBURY

F V HT H O P C

SOUTHERN

P HT

YOUR RIGHTS IN HEALTHCARE

Every person who uses a health or disability service has rights in relation to that service. You have the right to:

RESPECT

This includes respect for your culture, values, beliefs, as well as your privacy.

FAIR TREATMENT

Be treated without discrimination.

DIGNITY & INDEPENDENCE

You should be supported to live a dignified and independent life.

PROPER STANDARDS

Be treated with care, skill, and receive services that reflect your needs.

COMMUNICATION

Effective communication; whatever this looks like for you.

INFORMATION

Be fully informed about the services you are entitled to.

IT'S YOUR DECISION

Autonomy over your decision, and the right to make an informed choice and give informed consent.

SUPPORT

Bring someone with you as a support person for appointments.

TEACHING AND RESEARCH

Decide if and when you want to take part in teaching & research.

COMPLAINTS

Complain if you feel like you're not receiving the right care.

More info on: <https://www.hdc.org.nz/your-rights/the-code-and-your-rights/>



DRAWINGS BY VICTORIA TROW

YOUR ACCESS TO HEALTHCARE

HOW OLD DO I HAVE TO BE TO ACCESS GENDER AFFIRMING HEALTHCARE?

People of or over the age of 16 (or who are under that age but are married, in a civil union, or de facto relationship) are able to consent to medical or surgical treatments and procedures, and can access gender-affirming healthcare. If you're under 16, the doctor or specialist will make an assessment to figure out if you have sufficient understanding to make decisions in relation to your health. If the doctor feels that you don't have this understanding, they might need a parent or guardian to consent to medical treatment.

DO I NEED MY PARENT'S OR GUARDIAN'S PERMISSION?

If you are 16 years or older (or under that age but are married, in a civil union, or de facto relationship), you do not need your parent's or guardian's permission. If you are under 16 (and not married, in a civil union, or de facto relationship), an assessment must be made by your doctor as to whether you have sufficient understanding to make a decision in relation to your health. This assessment of competence to consent to treatment/readiness for hormones and blockers includes assessing your safety, and any impacts on this from the treatment. Your health team has a responsibility to make sure you are safe and supported - this looks different for everybody, so make sure you're communicating what safety looks like for you.

DOES MY 'NEXT OF KIN' OR 'CONTACT PERSON' ON MEDICAL FORMS HAVE TO BE MY PARENTS?

Talk to your health team about this when you go to your appointment. Let them know how they can best contact you, and inform them of any options that may be unsafe to use. Some clinics send appointment letters to your address - let them know if this is a safe thing to do, and what name you may prefer to be used on the letter. You can also let them know if you have any alternative preferred options of contact (for example text, phone call, or e-mail.)

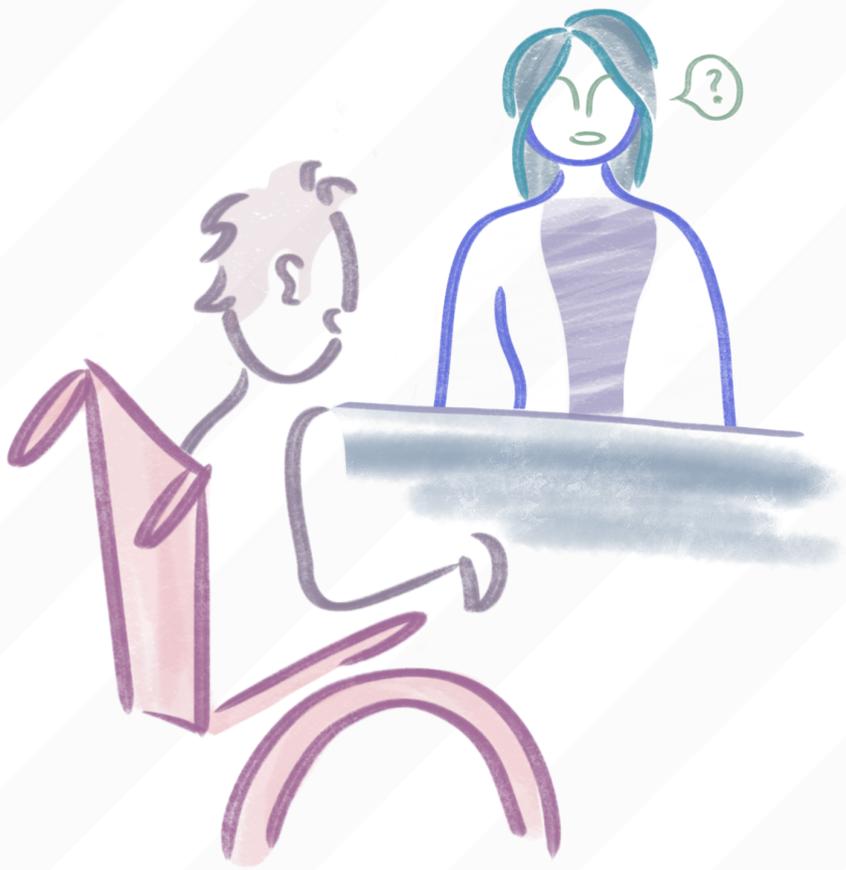
WHAT IF MY PARENTS AREN'T OK WITH ME BEING TRANS/NON-BINARY?

It can be challenging for whānau to adjust when their child comes out as trans or non-binary. Many parents experience a sense of grief, and this can also take the form of anger or denial. One option may be trying to connect your parents with support - this could be in the form of family resources, in-person and online groups for parents, or talking to a trans-friendly support worker. Your safety is the most important thing, so make sure you reach out if you feel like that's an issue - you can get in touch with RainbowYOUTH for help with any of this.

DO I HAVE TO BE A CITIZEN OR PERMANENT RESIDENT TO ACCESS GENDER AFFIRMING HEALTHCARE FREE OF CHARGE?

Usually, yes. However, you can also be eligible to receive funded services if you satisfy other criteria, such as being under 17 and if your parent or guardian is eligible, or if you have a work or student visa valid for over 2 years.

For further information, see the Ministry of Health website (<https://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-funded-health-services>).



YOUR RIGHTS WITH THE DOCTOR

DO I NEED TO DISCLOSE MY GENDER IDENTITY EVERY TIME I SEE A DOCTOR?

This depends on what you're going in for (e.g. sexual health checks, blood tests). Think about what information your doctor needs, and give them the information you are comfortable with.

WHAT SHOULD I SAY IF I FEEL LIKE MY DOCTOR IS BEING INVASIVE OR NOT RESPECTING MY GENDER IDENTITY?

A simple and effective phrase you can use is "how is this relevant to my consultation?" You can also bring a support person with you to any appointments. If you feel unsafe, uncomfortable or discriminated against, you can make a complaint against any medical professional, there's a bit more information about how you can do this here: <https://www.mcnz.org.nz/support/support-for-patients/making-a-complaint-as-a-patient/>

WHAT CAN I DO IF MY DOCTOR IS NOT LETTING ME ACCESS GENDER-AFFIRMING HEALTHCARE?

Medical professionals are not allowed to refuse to provide services based on a person's sexuality or gender identity. Any person who supplies goods or services to the public cannot refuse to provide or treat any other person less favourably by reason of any banned grounds of discrimination (including sex, gender, and sexual orientation), which would include people



supplying health services. Sometimes people are unable to access surgical options due to a range of factors, including age, health or body size. Alternatively, some doctors may not have sufficient knowledge of gender affirming healthcare options. If you are dissatisfied with the service you have received, you can get a second medical opinion. If you believe you have been discriminated against, you can make a complaint to the Human Rights Commission through their website. Further, you can also make a complaint to the Health and Disability Commissioner.

CHEST BINDING

Also referred to as: binding, binder

Definition: *involves a variety of methods that someone can use to flatten their breast tissue.*

CAN I PLAY SPORTS IN A BINDER?

Binders can make movement and breathing more difficult - consider a sports bra instead for sports, as they are designed to move with you as you work out.

WHAT ARE THE HEALTH RISKS OF BINDING?

Some potential risks of binding may include:

- Pain and discomfort, especially in the back, chest, shoulders, and breasts
- Changes to your skin; including acne, itch, rash, lesions, infections, reduced skin elasticity
- Shortness of breath
- Overheating
- Lightheadedness and dizziness
- Numbness and impaired circulation
- Exacerbation of existing conditions including asthma or respiratory infections.

Note: There is limited research on the risks of chest binding, and so you should always ask for advice from your health professional.

IF BINDING CAUSES AN INJURY, AM I ELIGIBLE FOR ACC COVER?

Eligibility for ACC cover depends on the type of injury and the circumstances in which it occurred. You can contact Youthlaw or go to your nearest community law centre for free legal advice on whether your injury is covered.

HOW LONG CAN I WEAR A BINDER FOR?

Make sure you keep your binding to under 8 hours at one time. The more breaks you take, the better. Binding for long hours every day over time breaks down tissue and can cause breathing problems, back pain, and skin irritation. Always take your binder off before you sleep.

WILL THE SIZE OF MY CHEST AFFECT MY ABILITY TO BIND?

Potentially. If you're purchasing a binder, you will need to buy one that fits your chest size - sites that sell binders will have sizing guides. All you need is a tape measure to know what size you are. If you have a larger chest, consider getting a binder than can be custom made for your chest size (gc2b offers custom sizing, and will help you with the measurement process). There are also some techniques that might help to get a flatter chest, such as pushing your tissue towards your armpits. If you have a larger chest, you should also try and give your chest more of a break, as binding will put more strain on your tissue and ribs.

WHERE DO I FIND AN AFFORDABLE BINDER?

As far as we know there are no physical stores in Aotearoa to buy binders. However, gc2b and Sock Drawer Heroes are online

stores you can buy binders from. Gender Minorities Aotearoa also run a free binder programme you could look into. There are also a bunch of online community groups where people donate their old binders, get in touch with RainbowYOUTH to find these!

IF I CAN'T AFFORD A BINDER, CAN I USE TAPE/BANDAGES?

Using tape or bandages is not recommended, as it can cause serious health issues such as back pain, tissue damage and can also stop circulation. Some other methods you could consider are:

- Sports/cupless/bras some sizes smaller, or layering 2 on top of each other
- Compression/gynecomastia vests
- Tight swimwear
- Baggy clothing some sizes bigger
- Button-up shirts
- Clothing layering
- Vests
- Camisoles
- Pattern or dark shirts
- Belly sweatbands
- Jackets



GENITAL TUCKING

Also referred to as: tucking

Definition: *involves a variety of methods that someone can use to flatten/hide their genitals*

WILL IT HURT?

Tucking may be a little uncomfortable, but it should not be painful. The more breaks you take the better, and if it hurts, you should stop. You can avoid damaging tissue and muscle by never forcing or pulling hard on any parts whilst trying to tuck. Always check for any open or irritated skin before and after tucking to prevent infection. It's also recommended that you take breaks from tucking to prevent added stress on the body. If you are concerned with any pain or other condition resulting from tucking, seek medical advice.

WILL IT AFFECT MY FERTILITY?

Tucking will not cause you to become infertile, however, fertility might be impacted if you are taking hormone replacement therapy. It may be advised to avoid tucking for a period if you are planning on storing sperm to ensure best quality of sperm. Speak to your doctor about steps you can take if you are concerned about your fertility.

WHAT CAN I BUY TO HELP ME TUCK AND WHAT DOES IT COST?

Things like gaffs or compression underwear can be worn. These can cost anywhere between \$30-\$80. You can use tighter fitting underwear, or tog bottoms to substitute if you can't afford a gaff. Alternatively, you can use medical tape (not duct tape or sellotape) to tape back. However, this could be painful!



LASER HAIR REMOVAL

Also referred to as: laser, laser hair removal

Definition: *medical procedure that uses a laser to remove unwanted hair.*

HOW MUCH DOES IT COST?

Laser hair removal is not publicly funded in New Zealand. Privately, prices can vary from \$30 onwards per session.

DOES IT HURT?

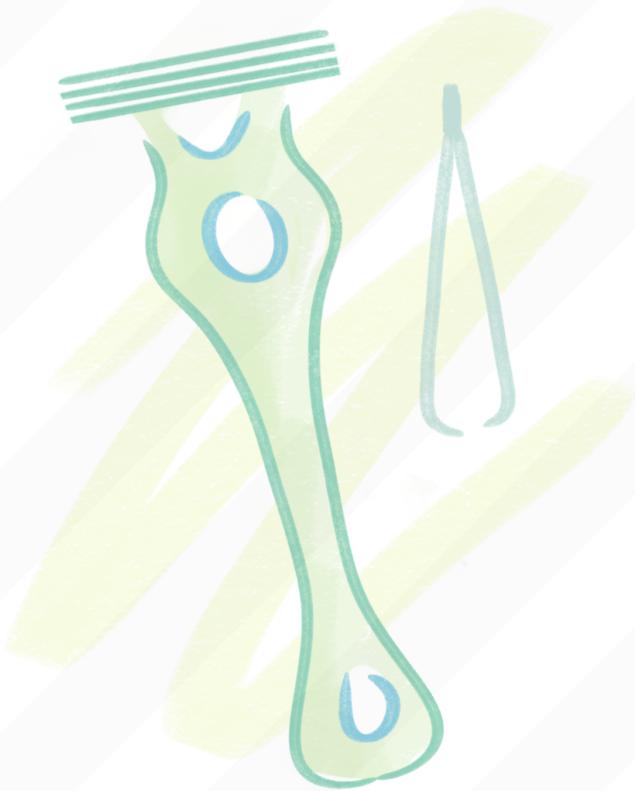
There is a degree of discomfort, and the level of discomfort varies depending on the area being treated. More sensitive areas like the face feel more intense, but less sensitive areas like the legs or underarms can feel quite painless.

HOW MANY SESSIONS DO I NEED?

Laser hair removal targets hair during growth phases and hair grows in 'cycles' so most people require between 6-12 treatments, timed 4-6 weeks apart to help achieve the desired, hair free result. However, most patients notice hair growth is finer from the first treatment. Every patient is different, and your laser technician will be able to advise you on the best treatment course for your needs.

WHERE CAN I GET IT?

Gender Minorities Aotearoa have a list of recommended clinics for trans, non-binary & intersex people. You can check it out here: www.genderminorities.com/database/medical-surgical/laser-clinics/



VOICE THERAPY

Also referred to as: voice therapy

Definition: *non-surgical methods used to modify your voice.*

IS IT FREE?

Check out our map to see if you can access voice therapy through your local DHB. If you can access it, then it's free through the public health system. Otherwise, privately, costs for voice therapy can vary depending on the specialist, and what type of therapy you're trying to access. Some people also use apps at home for this - get in touch with RainbowYOUTH to find out more about this.

HOW DO I ACCESS IT?

We recommend checking with your doctor, or local sexual health or youth health clinic to see how you can access voice therapy. Some people use apps too - get in touch with RainbowYOUTH to find out more about this.



PADDING

Also referred to as: padding

Definition: use of undergarments to create the appearance of larger breasts, hips, and/or buttocks

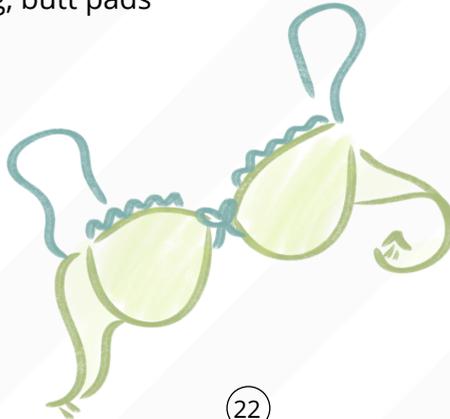
HOW DOES IT WORK?

Padding refers to prosthetics that can be worn under clothes for a more feminine silhouette. Padding may help alleviate dysphoria and can help make feminine clothing fit better. Breast padding usually takes the form of foam or silicone pads that you can insert into bras. Hip and buttock padding can be foam or silicone inserts that fit under clothing, or are sewn into underwear.

WHERE DO I GET THEM FROM?

The easiest (and in our experience, the cheapest) way to source these is through online marketplaces like TradeMe and AliExpress. Below are some good search terms to find what you might be looking for. To note: there can be a lot of problematic terms used by online sellers to describe padding items, so be aware that this can come up.

- Bra insert, silicone breast
- Hip padding, butt pads





PACKING

Also referred to as: packing, packers

Definition: *a term some people use to describe wearing padding or a non-flesh penis in the front of the lower garment or underwear*

HOW DOES IT WORK?

Packers are penis-shaped objects that you can wear inside your pants or underwear. This could be desirable for a number of reasons - it can help alleviate dysphoria, make masculine clothing fit more naturally, and some packers can also be used in sexual activity, or allow the wearer to urinate standing up. Some folk use everyday items like socks to pack, while others might prefer packers that look and feel like a penis.

WHERE DO I GET THEM FROM?

Adult stores frequently have packers you can order, as well as underwear to keep packers in place. Packers may be in the dildo section, and are sometimes called 'packing dildos'. You could check out <https://adulttoymegastore.co.nz/>





HORMONE BLOCKERS

Also referred to as: blockers, puberty blockers

Definition: *a group of medications that temporarily stop puberty by suppressing the production of sex hormones and preventing development of secondary sexual characteristics*

HOW DO BLOCKERS WORK?

The Ministry of Health notes that "[p]uberty blockers are a medication that can be used to halt the physical changes of an unwanted puberty. Current evidence suggests that blockers are a safe and fully reversible medicine that may be used from early puberty through to later adolescence to help ease distress and allow time to fully explore gender health options." For more information, see the Ministry of Health website: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders/transgender-new-zealanders-children-and-young-people>

WHO CAN HELP ME ACCESS PUBERTY BLOCKERS?

The Ministry of Health notes that people that can help you access blockers include paediatric services, youth health services, endocrinologists or a primary health care provider (a GP). For more information, see the Ministry of Health website: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders/transgender-new-zealanders-children-and-young-people>

WHAT FACTORS SHOULD I CONSIDER?

You should ask your health professional about the effects of using puberty blockers. Questions that you might want to ask could include:

- What dosage am I required to take?
- What happens if I don't take the blockers for a few months?
- Are there any negative long term effects of blockers?
- How long can I take blockers?
- Will blockers affect my fertility?
- Are the effects caused by blockers permanent?



HORMONES - TESTOSTERONE

Also referred to as: T, hormone therapy, masculinising hormone therapy

Definition: use of testosterone to develop physical characteristics in line with one's gender identity (e.g. facial hair, muscle mass, deeper voice)

HOW DOES IT WORK?

There are different ways of getting testosterone into your body, but most people get it through injections. Everyone is different in how they respond to it, but people usually notice some changes in the first few months.

Permanent changes: deeper voice, increased hair growth on face, arms, legs, chest, back & abdomen, changes to your hairline, and genital changes (particularly clitoral growth and vaginal dryness)

Non-permanent changes (if you stop taking it): changes to the oil balance in skin, body shape, increased muscle mass, increased sex drive, and periods stopping after 1-6 months.

Things that don't change much: Breast tissue, weight gain or loss.

WHO CAN HELP ME ACCESS TESTOSTERONE?

The Ministry of Health notes that "[s]ervice providers who can help access hormone therapy include primary health care teams (GPs), sexual health services, youth health services and endocrinologists. Note that prescribing of some medications

such as cyproterone and testosterone is restricted in New Zealand, and requires specialist sign off. The process of starting hormonal therapy includes assessing readiness, from a medical and psychosocial perspective, to start with. More visits may be required for people with complex physical or mental health issues. Information needs to be provided to support an informed consent approach." For more information, see the Ministry of Health website: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders/transgender-new-zealanders-children-and-young-people>

WHAT FACTORS SHOULD I CONSIDER?

You should ask your doctor or specialist about the effects of taking testosterone. Things you might want to ask could include:

- What dosage am I required to take?
- What are the risks?
- Will it affect my fertility?
- Are the changes from taking testosterone permanent?

HORMONES - OESTROGEN

Also referred to as: HRT, hormone replacement therapy

Definition: use of oestrogen to develop physical characteristics in line with one's gender identity (e.g. breast development, softer skin, more fat on hips & thighs)

HOW DOES IT WORK?

There are different ways of getting oestrogen into your body, but the most common forms are tablets and patches. Usually, testosterone blockers are used alongside oestrogen, unless you've had genital reconstruction surgery. Everyone is different in how they respond to it, but people usually notice changes in the first few months

Permanent changes: increase in breast size (make sure you're following the usual breast screening guidelines to avoid any risks of breast cancer).

Non-permanent changes (if you stop taking it): Changes to skin texture (softer), decreased muscle mass, less body hair, more weight distribution on buttocks, hips and thighs.

Things that don't change much: Facial hair (it slows down but doesn't stop completely), voice changes, facial bone structure

WHO CAN HELP ME ACCESS OESTROGEN?

The Ministry of Health notes that "[s]ervice providers who can help access hormone therapy include primary health care teams, sexual health services, youth health services and

endocrinologists. Note that prescribing of some medications such as cyproterone and testosterone is restricted in New Zealand, and requires specialist sign off. The process of starting hormonal therapy includes assessing readiness, from a medical and psychosocial perspective, to begin. More visits may be required for people with complex physical or mental health issues. Information needs to be provided to support an informed consent approach." For more information, see the Ministry of Health website: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders/health-care-transgender-new-zealanders>.

WHAT FACTORS SHOULD I CONSIDER?

You should ask your doctor or specialist about the effects of taking oestrogen. Things you might want to ask could include:

- What dosage am I required to take?
- What are the risks?
- Will it affect my fertility?
- Are the changes from taking oestrogen permanent?



GENITAL RECONSTRUCTION SURGERY

Also referred to as: bottom surgery, vaginoplasty, phalloplasty

Definition: Surgery to change primary and/or secondary sex characteristics to affirm a person's gender identity.

HOW DO I GET ON THE WAITLIST?

To get on the High Cost Treatment Pool waiting list for public funded surgery you need your GP (general doctor) to refer you, and your GP needs to get a DHB specialist to also sign their name to it. Two specialists who could sign off are a sexual health doctor, or an endocrinologist.

WHAT FACTORS SHOULD I CONSIDER?

You should ask your doctor or specialist about the details of this surgery. Things you might want to ask include:

- What are the risks?
- Will it affect my fertility?
- Will it affect sexual pleasure?

HOW MUCH DOES IT COST?

It's free through the High Cost Treatment Pool. Through private healthcare, costs can vary.

DO I NEED TO BE ON HORMONES/BLOCKERS FIRST?

Yes. This process requires 12 continuous months of hormone therapy, and living in the gender role that is congruent (relates to)

to your gender identity. The criteria also includes signs of persistent, well-documented gender dysphoria. Check out Gender Minorities Aotearoa for more info: <https://genderminorities.com/database/medical-surgical/high-cost-treatment-pool/>

HOW LONG WILL I BE ON THE WAITLIST?

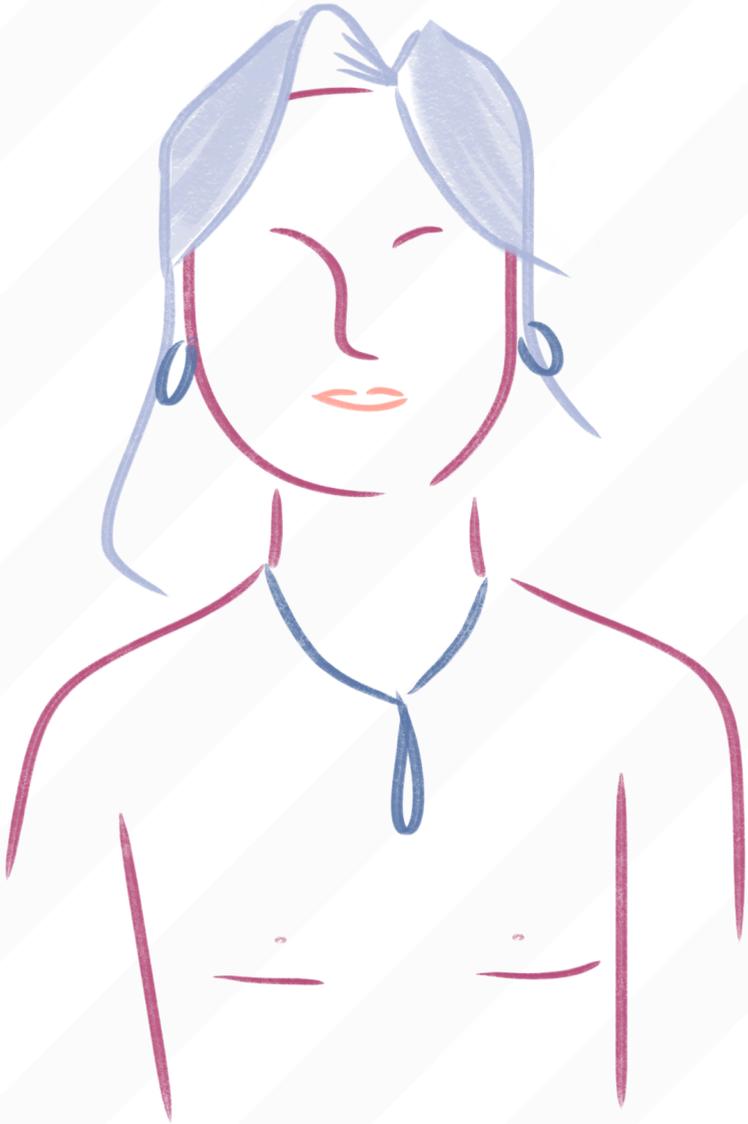
At the time this resource was created (Nov 2019), the waiting time on the High Cost Treatment Pool surgery list is around 12 years. This breaks down to about 200 people currently on the list, at approximately 13 surgeries a year.

CAN I GO OVERSEAS FOR IT?

Yes you can – many people have done this and have had positive experiences. However, if you consider travel and accommodation costs, and a support person to go with you, it could cost more, and have more risks than having surgery in New Zealand. Additionally, if you've had surgery overseas, you may not qualify for any additional treatment related to the surgery when you come back to NZ.

DO I NEED SOMEONE TO LOOK AFTER ME POST-SURGERY?

It's always helpful for your physical and mental health to have someone look after you before, during, and after surgery. Your mobility will be limited, and it's best to have someone around for at least 3-4 weeks after surgery.



CHEST RECONSTRUCTION SURGERY

Also referred to as: top surgery, chest masculinisation surgery

Definition: *Surgery to change/remove breast tissue to affirm one's gender identity.*

IS THERE A WAITLIST? HOW DO I GET ON IT?

There is a waitlist through the public healthcare system. The waitlists depends entirely on the District Health Board (DHB) in your area. Typically, people wait 2-3 years for surgery - but the wait could be shorter or longer than this. The private health system wait times are significantly shorter than these.

HOW MUCH DOES IT COST?

It's free through the public health system. Privately, this surgery could cost anywhere between \$16,000 - \$20,000.

DO I NEED TO BE ON HORMONES/BLOCKERS FIRST?

Yes you do, if you use the public healthcare system. The process leading up to surgery requires you to have been through 12 continuous months of hormone therapy, and to have been living in the gender role that aligns to your gender identity. If you are getting this surgery through the private health system, these things are not required for you to get the surgery.

CAN I GO OVERSEAS FOR THE SURGERY?

Yes you can. Many people have done this and have had positive experiences. However, if you consider travel and accommodation costs, and a support person to go with you, it could cost more, and have more risks. If you've had surgery

overseas, you may qualify for any additional treatment related to the surgery when you come back to NZ.

WHAT IF I'VE BEEN BINDING FOR A LONG TIME?

Binding over a long period of time can slow down your healing time due to potential chest tissue damage. However, your surgeon will guide you through the process, as there are different types of surgery. As with any other medical procedure, it's always best to make sure you're looking after your physical health prior to surgery (e.g. eating well, no smoking).

DO I NEED SOMEONE TO LOOK AFTER ME AFTER SURGERY?

It's always helpful for your physical and mental health to have someone look after you before and after surgery. Your mobility will be limited, and it's best to have someone around for at least 1-3 weeks after surgery to help you with tasks like driving, cooking, cleaning, etc.

GENDER-AFFIRMING HEALTHCARE FOR NON-BINARY PEOPLE

WILL THE DOCTOR LET ME GO ON HORMONES?

Yes. Technically, you do not have to be 'binary' trans to access gender-affirming healthcare. However, your doctor can only prescribe medication if they have adequately assessed you and/or have adequate knowledge about you, and are therefore satisfied that the medicines or treatment are in your best interests. Get in touch with RainbowYOUTH if you need support with any of this.

DO I NEED TO HAVE DYSPHORIA TO ACCESS IT?

Yes - the publicly funded system requires well documented gender-dysphoria. However, this doesn't have to be 'binary' dysphoria - your specialist should be able to guide you through this.

WHAT IF MY DOCTOR DOESN'T UNDERSTAND MY IDENTITY?

There's a chance your doctor might not be familiar with non-binary identities, but they should be. You can always get in touch with RainbowYOUTH's support team if you feel like you are not able to access this healthcare as a non-binary person.

ORGANISATIONS FOR ADDITIONAL SUPPORT

RainbowYOUTH is always here to help if you need any support. You can call us on (09) 376 4155, or send us an e-mail at info@ry.org.nz. All of our services and information about our peer-support groups is online at www.ry.org.nz.

Here are some other great organisations that can help:

- **GENDER MINORITIES AOTEAROA**

A cross-cultural, transgender led organisation which aims to facilitate health and well-being for takatāpui, transgender, and intersex populations.

www.genderminorities.com

- **HEALTH & DISABILITY COMMISSIONER**

Provides information and assistance in relation to making complaints about health or disability services.

www.hdc.org.nz | hdc@hdc.org.nz | 0800 112 233

- **HUMAN RIGHTS COMMISSION**

Provides information and useful resources in relation to discrimination issues in employment. Also provides an avenue for you to raise complaints in relation to discrimination which, if unable to be resolved by mediation, may be referred to the Human Rights Review Tribunal

www.hrc.org.nz | 0800 498 877

- **INSIDE OUT**

Provides resources, information, workshops, consulting and support for anything concerning rainbow or LGBTQIA+ issues and education for schools, workplaces and community organisations.

www.insideout.org.nz

- **INTERSEX TRUST AOTEAROA NEW ZEALAND (ITANZ)**

Provides information, education and training for organisations and professionals who provide services to intersex people and their families

www.ianz.org.nz

- **INTERSEX YOUTH AOTEAROA**

A place to share information, find support and network. Intersex Youth Aotearoa aims to improve the visibility of intersex young people, to create community and support.

www.ianz.org.nz

- **OUTLINE**

Volunteers welcome your call to discuss topics around sexuality, gender identity and diverse sex characteristics. They can help you find sources of trusted information, connection to community or peers, and medical or mental health services that welcome LGBTIQ+ people.

www.outline.org.nz | 0800 688 5463

- **ORANGA TAMARIKI (MINISTRY FOR CHILDREN)**

Government body responsible for ensuring the wellbeing of children and young people in Aotearoa. Provides assistance in the form of connecting children and families with trained social workers who are able to assist with various situations.

www.orangatamariki.govt.nz | 0508 326 459

- **QTOPIA**

Provides support, youth groups, whānau support and resources to rainbow young people in Ōtautahi Christchurch and the wider Waitaha Canterbury area.

www.qtopia.org.nz

- **QYOUTH**

Nelson/Tasman based organisation that provides support, information, advocacy and education for queer young people, their friends, and families

www.qyouthnelson.org

- **WAQUY**

WaQuY provides sexual diversity workshops and peer-support groups in the Waikato region.

waikatoqueeryouth@gmail.com

- **YOUTHLINE**

Youthline works with young people, their families and those supporting young people. Our organisations are made up of volunteer and paid staff members - and centres based around the country.

www.youthline.co.nz | 0800 376 633 | free text 234

- **SHAKTI YOUTH**

Provides prevention and intervention services to women, youth and children of Asian, Middle-Eastern and African decent, who are experiencing family violence.

www.shaktiyouth.weebly.com | 0800 742 784|

- **WHATS UP?**

Provides a free, nationally available counselling helpline for children and teenagers.

www.whatsup.co.nz | 0800 942 8787

BIBLIOGRAPHY

For our list of references & resources, check out:

[https://s3-ap-southeast-2.amazonaws.com/ry.storage/Resource+references+\(1\).pdf](https://s3-ap-southeast-2.amazonaws.com/ry.storage/Resource+references+(1).pdf)