

# Support for trans and non-binary people during coronavirus

**Easy read guide**





Not being able to use some services might be very worrying if you are **trans** or **non-binary**.



You may be on the waiting list for a **gender identity clinic**, for things like hormone therapy and surgery.



You might have to wait longer than you expected to get seen by a professional.



## Hormones

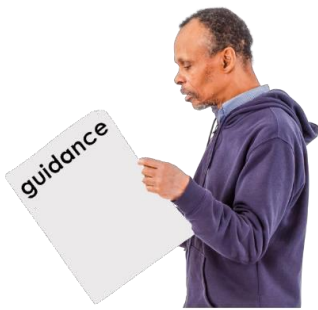
Most GP practices are still open. This means you should still be able to get hormone prescriptions.



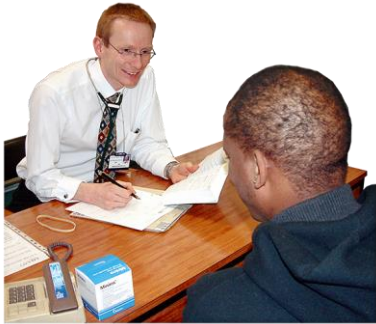
If you have a repeat prescription you can order it using your GP's or pharmacy's online service.



GPs should also carry on giving hormone injections.



The London Gender Identity Clinic (GIC) have made some [guidance for GPs.](#)



If your GP has told you they can't carry on giving you hormone prescriptions, you can ask them to read this guidance. This is not in plain English or easy read.



## **Gender identity clinic (GIC) appointments**

Gender identity clinics have stopped giving out new appointments.



If you already have an appointment booked, it might happen over the phone or on a video call.



What happens to your appointment depends on which gender identity clinic you use.



**Trans Health UK**

## Getting in touch with your gender identity clinic (GIC)

Trans Health UK has a list of all gender identity clinics.



On their website you can see what services are still running at your gender identity clinic. It also has information on [how to contact them](#).



You should also be able to get advice from the website of your gender identity clinic or by calling them.



## Binding

If you wear a binder, you are more likely to get very poorly from coronavirus.

Read these [top tips from Transgender NI for people who are binding](#).

**TransgenderNI** 



## **Other places to get advice and support for trans and non-binary people**

### **CliniQ**

[CliniQ](#) is an organisation that helps trans and nonbinary people with wellbeing and sexual health.

Phone number: 07545 143797

Email: [admin@cliniq.org.uk](mailto:admin@cliniq.org.uk)



### **Gendered Intelligence**

Gendered Intelligence is a trans youth work charity that provides support groups and activities for young LGBT+ people (8-25 year olds).

Phone number: 0330 3559 678

Email: [youthwork@genderedintelligence.co.uk](mailto:youthwork@genderedintelligence.co.uk)

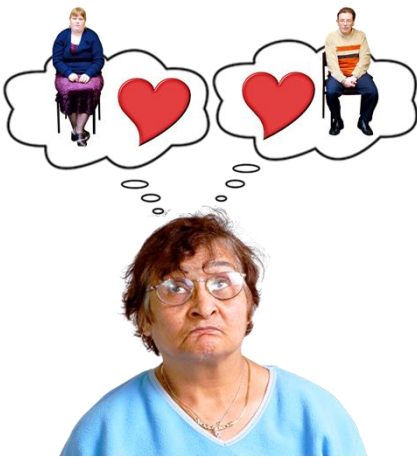


# Glossary



## Binding

Tight wrapping of the chest with special clothes to reduce the size or appearance of breasts.



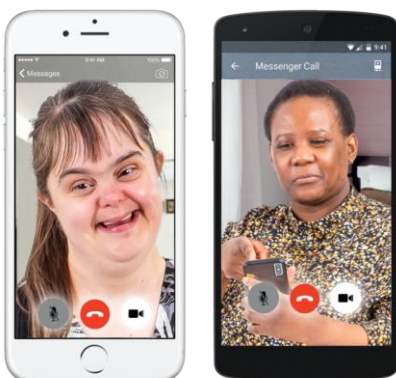
## Bisexual (or bi)

A word used to talk about people who fall in love with, or want to have sex with, people of two or more genders.



## Cisgender (or cis)

Someone whose gender is the same as the sex they were assigned at birth. Non-trans is also used by some people.



## Discord chat

This is a programme and app where groups of people can chat or video each other.



## Gay

When a man (or someone whose gender is partly male) falls in love with, or wants to have sex with, men (or people whose gender is partly male) only.



Gay can also be a general word for when either a man or woman falls in love with someone of the same gender.



## Gender (or gender identity)

This is your deep feeling about your own gender, whether you feel male, female, non-binary or something else.



## **Gender identity clinics (GICs)**

This is a health service that trans and nonbinary people can use. You can speak to someone professional, talk about any prescriptions you might need and speak about any treatment that you can have. You might need to wait a long time before you can speak to someone.



## **Heterosexual (or ‘straight’)**

This is where a person is in love or sexually interested in people of the opposite sex.



## **Intersex**

Someone who was born with body parts that people usually think of as male and female, or body parts that don't match people's usual ideas of male or female.





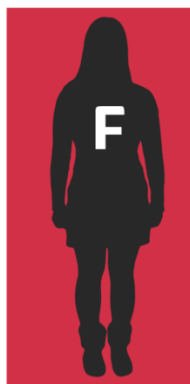
## Lesbian

A woman (or someone whose gender is partly female) who only falls in love with or wants to have sex with other women (or other people whose gender is partly female).



## LGBT+

This is the short way of saying lesbian, gay, bisexual, trans and other genders and sexualities that are not heterosexual or cisgender.



## Non-binary

This is when you do not feel that you are simply male or female.



## Podcast

This is a recorded video that is available online for people to watch and listen to.



## Sex

This word has two meanings.

It can mean what the doctor will say you are at birth – male, female or intersex.



It can also be short for **sexual intercourse**.



## Trans

When your gender is not the same as what you were labelled as when you were born.