



Notts Trans Hub

Trans Survival Guide

Being trans is awesome! But sometimes it can be tough too. This leaflet gives some useful information that might make things a little easier.

Get support

Our mental wellbeing is very dependent on having support around us. Humans are pack animals and tend to thrive with support from other people. Sometimes we can worry about being open about being trans, or that certain people in our lives won't be accepting. Not being accepted can be a big source of stress for trans people.

It can be helpful to identify trans-friendly people, places and groups. This might be in online groups and spaces, such as Facebook groups, where we can ask questions of others in similar situations. [Notts Trans Hub](#) has a [Facebook Group](#) as well as real-life [meet-ups](#), a [bulletin](#) and a [support group](#). They also list other [local events](#). Check out the [GIRE website](#) for lists of other groups around the country.

It's useful to suss out who is likely to be an ally, whether that's a friend, a colleague, or relative. Sometimes we can be very focussed on the less accepting people, so it's important to make a tally of the ones who are/could be supportive, and reach out to them.

Mental health

Mental health issues are a challenge for trans people for lots of reasons. Stigma and unaccepting attitudes still exist and trans people still experience bullying and erasing. These can contribute to stress and mental health issues. Finding supportive, understanding services can also be a challenge.

Talking to a supportive person can help you manage your mental health. Here are some helplines for trans people that may be of use:

[MIND Trans+ helpline](#) - a confidential, emotional, mental health support helpline, open Mondays and Fridays, 8pm til midnight - 0300 330 5468

[Trans Survivors Switchboard](#) - a dedicated helpline for trans people who've experienced sexual violence at any point in their lifetime, open Sundays 1 til 5pm - 01273 204050

[Galop](#) – UK National LGBT+ Domestic Abuse Helpline - 0800 999 5428

[Gendered Intelligence Supportline](#) - for those waiting for or using Notts GIC - Tues, Thurs, Sat 1-6pm:

- 020 7832 5813 (they can call you back)
- Message: 07592 650496
- supportline@genderedintelligence.co.uk

[Samaritans](#) - jo@samaritans.org - 24/7, for anyone who need to talk - 116 123

You can also ask your GP about counselling. We list some private and free counselling services [here](#)

Get a referral

A Gender Identity Clinic can offer support, services, and advice. Waiting lists are currently exceptionally long so it's advisable to ask your GP for a referral straight away if you think you might need their services. Your GP has a responsibility to refer you directly to the clinic when you ask them to. Sometimes inexperienced GPs need information about this; the General Medical Council Guidelines can be found [here](#). A list of trans friendly GPs can be found [here](#). You can be referred to a clinic of your choosing, anywhere in England. The closest clinics are in Nottingham, Sheffield, and Daventry.

Note: not all trans people will want any medical help or support. Surgery and hormonal treatment, as well as services like voice therapy and hair removal, are among the options for helping a trans person who wants to transition. However, transitioning can be simply changing your name, clothes, or the pronouns you use, and not all trans people do anything medical. There are many different medical options and different trans people will want different things, or may not need, want, or be medically-able to have, certain procedures. This does not alter their trans status and only means the way in which they transition is unique to them. To understand the options available, you can look at [NHS Choices](#) or the trans-run site [Gender Construction Kit](#).

If you have problems with your GP or any other part of the NHS, [here's a quick guide](#) from us on how to respond.

Changing your name

You can legally change your name for free at any time if you are over 16 and a UK citizen. [This site](#) generates the form for you to do this, which needs to be signed by you and two witnesses. We recommend printing off a few copies to send to the organisations who need it.

You can also use this to change your title, for example, from Mr to Ms. It's not legally necessary but it helps when you want to provide evidence of this change to officials.

You do not generally need a Gender Recognition Certificate (GRC) to make changes to your gender marker or title. A deed poll is sufficient to change all your records other than things such as a passport, birth certificate, or HMRC records. For a passport, a letter from your doctor is required. A GRC is only needed to change your birth certificate and other registry documents. Also for HMRC and DWP records, you need a GRC to change your gender marker on their internal systems, but you can change your name and title. Many trans people do not have a GRC but they are still protected in their identity under the Equality Act 2010.