

GENDER WELLBEING SERVICE

The Gender Wellbeing Service is a free service and safe space for people who are questioning their gender or who identify as Trans or Gender Diverse, as well as their families, friends and other support people.

The Gender Wellbeing Service is a supportive, gender affirming, peer driven and individually focused service. We aim to provide a high quality service, which acknowledges human rights and ensures respect, dignity and confidentiality.

Peer Support Program

We offer a Peer Support Program for Trans and Gender Diverse people. Our Peer Support Program includes a Peer Support Worker and a team of volunteers with lived experience of gender diversity. This service offers Trans and Gender Diverse people and their supports with mentoring and support from a lived experience perspective.

Telephone Support & Information Service

We offer support and information by phone or email from our Peer Support Worker.

Our Peer Support Worker tailors appropriate information and support to each person's needs including pathways to connect to additional community supports. Through this service, we also offer information and support to family, friends, service providers and other key supports of Trans and Gender Diverse people.

NOTE: Our peer support services do not replace professional counselling. Please see next page for more information and referral to our counselling service.

Counselling Service

We offer a non-crisis counselling service for people with mild to moderate mental health concerns. This service is provided by an Accredited Mental Health Social Worker with experience in working with Trans and Gender Diverse people.



Gender Wellbeing Service

Tel: 7099 5320

Address: 57 Hyde Street, Adelaide SA 5000

www.shinesa.org.au/community-information/sexual-gender-diversity/gender-wellbeing

SHINE SA



Counselling Service

The Gender Wellbeing Service provides a safe and inclusive space for non-crisis confidential counselling for Trans and Gender Diverse people with mild to moderate mental health concerns.

To access our counselling service, a Mental Health Care Plan is required from a GP. Extended sessions may be provided depending on personal circumstances.

Our Counsellor is an Accredited Mental Health Social Worker and can provide counselling around a range of challenges impacting on the mental health and wellbeing of individuals and assist people to reach their full personal potential.

The issues covered in counselling may include (but are not limited to):

- Gender Dysphoria
- Anxiety
- Depression
- Social Isolation
- Alcohol and Other Drugs
- Interpersonal Challenges
- Bullying and Discrimination
- Education and Employment

Our Counsellor uses a range of interventions in helping people with mental health challenges, including (but not limited to) the following:

Focused Psychological Strategies:

- Psycho-Education
- Cognitive Behavioural Therapy
- Acceptance Commitment Therapy
- Behavioural Interventions
- Interpersonal Therapy

Additional supports include:

- Interpersonal Skills
- Relaxation Skills
- Mindfulness

Note: Counsellor is not able to clinically diagnose gender dysphoria. Assistance in referral to other professionals for this purpose is available through Counselling or Telephone Support & Information services.

How to Access the Gender Wellbeing Counselling Service

- 1) Obtain a Mental Health Care Plan (MHCP) from GP
- 2) Ask your GP to send MHCP to the Gender Wellbeing Service via fax: 7099 5399
- 3) We will contact you to arrange your first appointment
- 4) Attend appointments with Counsellor