

Gender dysphoria and can be a distressing and worrying concern for those who experience it. Not knowing who to turn to for help or support, wondering about how to proceed with change and who to ask or where to seek help can be a disabling experience.

At the CWP Psychosexual Service, we aim to provide support and help clients find the answers and information they seek to bring about a successful transition that suits their individual needs.

We offer full and comprehensive assessment and support in the initial stages of transition and can help with recommendations for further progress on the journey of change in gender to all those who need this help.

Access to the service is through referral from your healthcare provider and our service of therapy is totally confidential and available through the NHS.

See your general practitioner for a referral if you feel this help would be something you may benefit from or value.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

গৌ তমাই ভাষাভাষী সেবায় অথবা আ চেস্টার-উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্টের স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk অথবা আ চেস্টার-উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

यदि आपको अनुवाद सेवाएं या इस दस्तावेज़ की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS complaints and incidents team**, Cheshire and Wirral Partnership NHS Foundation Trust, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership NHS Foundation Trust

Gender Identity Service

Information for service users

Care • Well-being • Partnership

Introduction

Welcome to the CWP Gender Identity Service. Within the service we offer a specialist service to assist people who need to access support and advice in relation to their feelings around their gender. Our service offers assessment and psychological support to those people with gender dysphoria who may want to change their gender role completely either from living as a man to living as a woman or from living as a woman to living as a man.

What do we offer?

The service offers a comprehensive assessment of your needs with one of our team of therapists. Assessment is normally as a precursor to hormone treatment or surgical reassignment. The process can be used as an aid to facilitate the process of transition or to help users identify their own route and endpoint of transition.

Alternatively, for those proceeding through hormone treatment and/or surgical reassignment therapeutic support can be provided by our service.

How do I access the service?

Assessment sessions can be arranged by referral from your general practitioner or other healthcare professional. A report outlining the overview of the sessions is prepared once your sessions are completed and this is sent to your referrer with any recommendations that have been discussed with you during the course of your appointments.

Who will I see?

You will have your appointments with one of our experienced and fully qualified team members all of whom have undertaken training in the specialist area of sexual matters.

What happens during the first visit?

You will be introduced to a member of the team who understands the difficulties involved in gender identity. You will be helped and encouraged to talk openly with your therapist and will work with the therapist on the issues you consider to be the priority to formulate a plan to help your journey to your desired goal.

What about confidentiality?

Confidentiality is assured at all times. Our therapists work as a team and if appropriate your therapist may consult other members of the team to help resolve your concerns or difficulties.

How will I know about my first appointment?

Your initial appointment will be sent in the post to you along with details of how to locate the service and other relevant information.

How many Sessions will I have?

The number of sessions that you will have will depend on the issues you wish to discuss or require help with. This will be discussed with you at your first visit to the service.

What do I do on arrival?

On arrival please introduce yourself to the receptionist, this will alert your therapist who will then collect you from the waiting area.

Your subsequent appointments will be made at the end of your consultation with your therapist.

If you need to change the appointment or have any queries, please telephone our secretary on 01270 655 243 between 9.30 am and 2.30 pm on Mondays, Tuesdays, Thursdays or Fridays.