

Print this sheet out and take to your GP appointment

Date:

Dear [GP Name]

I've come to talk to you today about my gender identity. I appreciate you taking my concerns seriously and would like you to understand that this may be hard for me to talk about.

My preferred name is:

My gender identity is:

My preferred pronouns are: She / her He / him They / them Other:

My Goals are

My Challenges are



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Dear [GP Name]

Your patient is bringing this to you because they / their family would like to discuss their gender identity. Identify their goals.

A supportive approach is needed for children and their families, HNE Health recommends:

01

HNE Healthpathways
Transgender Health and Gender Diversity can be found at:
hne.healthpathways.org.au.
This has more detailed information and resources.



02

Consider Mental Health Referral
Urgent: Mental Health Line 1800 011 511
Non-Urgent: Your Local Headspace

03

Refer Patient to Maple Leaf House
Dr Robert Tait and Dr Prudence Lopez
HNELHD-JHCHMapleLeafHouse@Health.nsw.gov.au
Ph (02) 4016 4980

The specialists will make an assessment and start an individualised plan. Depending on the patient, it may look like this:

