

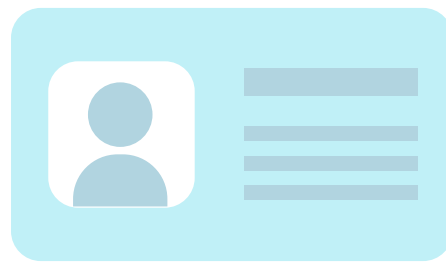
# Guide for Trans and GNC Service Users



## **The Brighton & Hove Wellbeing Service has been working to improve the experiences of our LGBTQ+ service users.**

We recognise that trans and gender non conforming individuals are disproportionately likely to experience mental health issues. As a service, we wish for all of our patients to feel comfortable and respected when accessing care.

This guide outlines some key information about your rights in relation to your medical record.



### **Name Changes**

If you would like, we can change your title or first name. You do not need a deed poll or any legal documents to change your name with our service.

If you would like us to change your name, you can send an email to [brightonwellbeing@spft.nhs.uk](mailto:brightonwellbeing@spft.nhs.uk) or give us a call on 0300 002 0060.

You can also change your first name and title with your GP without any legal documents.

# Privacy

If you are a young person living with family members who you are not out to, or in a living situation where you are not out, please let us know so we can discuss sending your correspondence in the most confidential and discreet way for you.



We can add a note to your record to alter the name and set of pronouns we use when speaking with different people about your care.

If you have people and/or services involved in your record, that you would like us to use a different name and set of pronouns with, let us know so that we can bear this in mind in our communications with them.

# Pronouns

We are able to add your pronouns to your record if you wish. This means that any staff members who interact with your record or who speak with you will be made aware of how you would like to be referred to beforehand.



HE / HIM



THEY / THEM



SHE / HER

Pronouns are added as a reminder which is visible when someone opens your record. This can also be placed next to your name. This is purely for staff use. We will not share name or pronoun changes with anyone you don't want us to.

# Gender Markers

Unfortunately, we are not able to update your gender marker on our system. However, your GP is able to do this.

You are legally able to change your gender marker with your GP without the need for a Gender Recognition Certificate or any legal documents.

Once this is updated with your GP, this will be updated across the majority of your NHS records.

# Resources

**Know Your Rights at Your GP Surgery (Mermaids UK):** [https://mermaidsuk.org.uk/wp-content/uploads/2019/12/GP-Trans-poster\\_local.pdf](https://mermaidsuk.org.uk/wp-content/uploads/2019/12/GP-Trans-poster_local.pdf)

**MindOut (LGBTQ+ Mental Health Charity):**  
<https://mindout.org.uk/>

**Switchboard (LGBTQ+ Charity and Helpline):**  
<https://www.switchboard.org.uk/>

**The Clare Project (Trans Mental Health Charity):**  
<https://clareproject.org.uk/>

**Gendered Intelligence: Knowledge is Power**  
<https://genderedintelligence.co.uk/projects/kip.html>

## **GIC Information:**

Unfortunately, we are unable to refer you to a Gender Identity Clinic, however the below link includes some information on how to be referred:

<https://genderedintelligence.co.uk/projects/kip/mentalhealth/services/gcp/gic.html>

# Getting Involved

Our service holds meetings with individuals who have experience of using our primary care mental health services.

More information about this can be found on our website:  
<https://www.brightonandhovewellbeing.org/getting-involved-patient-participation>

If there is anything we have not mentioned or if you have any questions, feel free to send us an email at:  
[brightonWellbeing@spft.nhs.uk](mailto:brightonWellbeing@spft.nhs.uk)

