



## Gender Dysphoria Therapeutic Service Information for children, young people, parents/carers & professionals

### Who we are & what we offer

We are a Southampton based service aiming to provide a safe and supported thinking space for Children, Young People and Families where a child or young person is experiencing confusion, distress or interpersonal difficulties related to gender.

### For Southampton & Hampshire children aged 4-11 (School years R-6)

Parents, carers and schools frequently and understandably struggle with how best to respond to a child presenting with gender distress. We provide between 1-6 therapeutic sessions (depending on need) where those involved can come together to consider how best the child can be supported with these difficulties

### For Southampton & Hampshire children aged 12-18 (School years 7 and up)

We provide a therapeutic group that meets on a Thursday 5.15 - 6.45pm during term time. Using our combined training in Art Therapy and talking therapies the two facilitators aim to engage young people in:

- exploring gender identity / dysphoria - what it means and how it impacts
- exchanging ideas, opinions & experiences alongside others facing both similar and different challenges
- building communication skills & social confidence through getting support from and being helpful to others
- considering the many different ways of understanding & managing their difficulties
- recognising unknowns, uncertainties and the potential for thoughts and feelings to change over time
- identifying, celebrating and building on their individual strengths

With under 18's, we prefer where possible to meet them with a parent/carer at our first appointment. However if there are problems with this please let us know.

We also facilitate a space once each term where parents/carers can share information and ideas about how they can support their young person and occasionally hear from visitors with relevant expertise/experience in this area.

### Your information

If a child or young person is involved with any other professionals it is usually important that they continue to receive that help alongside accessing this service and we ask for permission to share information if we feel it would be helpful to be joined up. Other than this we do not share information unless we're concerned about somebody safety (see Yellow Door website for further information).

### How can we access the service?

If you would like an informal discussion please email [info@yellowdoor.org.uk](mailto:info@yellowdoor.org.uk). We work part-time for this service but will attempt to respond as soon as we are able. If you would like to make a referral to this service please go to the Get Help tab on our website [www.yellowdoor.org.uk](http://www.yellowdoor.org.uk) and click on 'Make a Referral'.

