



Gender Identity 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 when 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 related distress. Following an initial meeting to discuss the child's situation and needs we can offer up to six therapeutic sessions where those involved can come together to consider how best the child can be supported with managing their difficulties.

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

We run a therapy 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

If a child or young person is under 18, we prefer where possible to meet them initially with a parent/carer or supporting professional. However if there are problems with this please let us know.

Other support

We also facilitate a group once each term where parents/carers of children or young people engaged with this service can share information and ideas about how they can support their child and where we can sometimes hear from visitors with relevant expertise/experience in this area. If a child or young person is involved with any other professional, 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.

How can we access the service?

If you have would like an informal discussion about a child or young person's suitability for this service please email info@yellowdoor.org.uk. If you would like to make a referral please go to the Get Help tab on our website www.yellowdoor.org.uk and click on 'Make a Referral'. We attempt to respond to all enquiries & referrals within 4 weeks.

