

Centre for Youth Health

Nau mai, haere mai.

Welcome to all transgender and gender diverse young people and their whānau wanting to access gender affirming health care services in Auckland!

The team at the Centre for Youth Health recognise that you are the expert when it comes to your gender identity and we look forward to working with you and walking alongside you as you journey towards living as your authentic self.

Our team consists of doctors, nurses, social workers and youth workers. You will be allocated to a doctor and a co-worker – most often one of our nurses. We have clinics in Papatoetoe, Ponsonby, Henderson, Botany and Pukekohe. Your co-worker is a good source of information, so don't ever hesitate to text/phone/message them.

You may have questions and we would encourage you to write down anything you may want to ask us during your initial assessment. We encourage whānau or other support persons to come to your appointments with you and we look forward to answering any questions they may have too. We really value the opportunity to develop relationships with you and your whānau.

It is helpful if you have an idea of how our processes work, so here is an outline of what you can expect with some explanation along the way...

Initial Assessment

This is where we all meet for the first time. You will meet your doctor and co-worker. Your co-worker will have been in touch before this to confirm your appointment. This is a 90 minute appointment where we get to know you and identify any goals you may have for your journey. If you come with a whānau member we usually spend some time talking all together, but also give you the opportunity to spend some time with us on your own.

What we talk about is guided by you, but topics that may be covered include supports for you and your whānau, medications such as puberty blockers and hormone treatment. For those starting feminising therapies we can discuss the possibility of storing sperm– to provide you with options for starting a family in the future.

Follow Up Appointments

We will continue to meet up with you and your family/whānau to provide support throughout your gender journey.

Before starting any medications, we will need to measure your height, weight and blood pressure and do a brief physical examination. Regular blood tests will also be needed.

Further Information

For more information about medications and supports/resources, please see the following:

- Visit the Hauora Tāhine page on Healthpoint: <https://www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-to-transgender-healthcare/>
- Visit the Centre for Youth Health page on Healthpoint: <https://www.healthpoint.co.nz/public/paediatrics/kidz-first-centre-for-youth-health/>
- The Ministry of Health website also has information for transgender people accessing affirming care in New Zealand: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders>