



Nau mai, haere mai

Welcome to all transgender and gender diverse people wanting to find out about gender affirming health care services in Auckland.

Welcome to families supporting their transgender whānau, and to health professionals seeking information.

Our kaupapa

We recognise that you are the expert around your own gender identity, whether you're a binary trans person, non-binary, transsexual, agender, whakawahine, tangata ira tane, tāhine, fa'afafine, fakaleiti, akava'ine, genderqueer, gender diverse or however else you might like to describe yourself.

Our teams can provide support around exploration of gender identity and social transition, and work with your whānau.

Location and hours

Locations across Auckland include South, Central, North Shore and West.

For clinic hours and location, referral information and more, please visit:

www.healthpoint.co.nz
and search:

'Hauora Tāhine'

More information

The Ministry of Health has information for Transgender New Zealanders. Please visit

www.health.govt.nz
and search:

'transgender'

Copies of this brochure are available to be downloaded and printed from healthpoint.co.nz



Hauora Tāhine

Pathways to Transgender
Healthcare Services





Gender affirming medical care

Hauora Tāhine is the name given to the services that collectively deliver gender affirming healthcare. Our teams include nurses, doctors, mental health clinicians and social workers who work with you to create a plan. Holistic psychosocial consultations provide the basis for getting to know you and understanding your personal goals.

Your plan may or may not include:

- ▶ puberty blockers
- ▶ hormone therapy
- ▶ fertility preservation
- ▶ voice therapy
- ▶ surgical* options
- ▶ family support
- ▶ counselling

**Note: At this time surgical services have a limited capacity for chest reconstruction and breast augmentation, with lower gender reassignment being managed by the Ministry of Health's High Cost Treatment Pool.*

Getting Started

As with any treatment, you will need to provide health information and may need to undergo an examination before starting a new medical treatment.

This can include:

- ▶ review of any pre-existing health conditions
- ▶ review of smoking status
- ▶ height, weight and blood pressure checks
- ▶ physical exam
- ▶ routine blood tests

More information on this will be provided to you prior to your first appointment. Readiness for hormones and readiness for surgery consultations will be provided as part of your care to make sure you have everything you need to get started.

At all times, you are welcome to bring a support person to appointments. However, the doctor may ask to speak to you on your own at some stage throughout the appointment.

Referral

Who can refer to Hauora Tāhine?

- ▶ Your Primary Care Team (e.g. GP, practice nurse) or Mental Health service (including Child & Adolescent Mental Health Services (CAMHS)).
- ▶ Your school based health team (e.g. School Counsellor or Nurse) can refer directly to the Centre for Youth Health.
- ▶ We accept self-referrals or referrals from family members.

Call:

Centre for Youth Health on 09 261 2272, or Sexual Health on 0800 739 432

GP's: Use the Transgender e-referral

