



Health pathway for pubescent adolescents in the Republic of Ireland

1. Go to your family's GP for a consultation.
2. Have yourself and your child explain the situation.
3. Request a referral to Child and Adolescent Mental Health Services (CAMHS) from the GP.
4. Within CAMHS, a psychiatrist or clinical psychologist may give a diagnosis of Gender Dysphoria or Gender Identity Disorder. *It is important to know that the diagnostic status for Gender Dysphoria and Gender Identity Disorder may change or be removed completely in the upcoming International Classification of Diseases 11th Revision (ICD-11) due out in 2018. Early signs indicate that the diagnosis will be renamed and moved into the sexual health section of the ICD-11, so as not to be seen as a mental health condition.*
5. CAMHS may refer you to the Treatment Abroad Scheme (TAS) or Tavistock and Portman NHS Foundation Trust Gender Identity Development Services (GIDS). This may be for advice on supporting young person, advice on whether to socially transition, for assessment for hormone therapy, or for support in a number of other areas. You can learn more about hormone therapy and how to access it on the following page of this website.
6. Not all gender variant / non-conforming children and young people go on to consider surgical interventions. Surgical interventions are not available for young people aged 16 and under (at a minimum) and these would not be a consideration until hormones had been accessed (point 5).