This infographic is based on the chapter: transgender & non-binary people & mental health. Please see the Mental Health Needs Assessment for more details.

**Person**
- No typical person - don’t assume everyone wants to transition. Many non-binary types
- Higher than average incidence of mental illness, including: anxiety, depression, self-harm
- People identifying as trans are protected under the Equality Act
- May be higher prevalence of autism spectrum disorder
- 88% have (had) depression, 80% experiencing stress
- 16% may have an eating disorder
- Over half (53%) have self-harmed - not just for reasons related to being trans
- Up to 41% may have attempted suicide (1.6% in whole population)
- Young people often present around puberty or at a social transition

**Family & Friends**
- Over half may have experienced family rejection
- 7% trans people had to leave their parental home due to people’s reactions
- Nearly half (48%) experienced “negative incidents” from someone they lived with (in the previous year)

**Environment**
- At higher risk of abuse - 40% have experienced hate crime because of their identity in the past year
- Stigma & discrimination increase mental ill health
- Up to 50% reported high levels of discrimination & harassment at work
- Less likely to be in a paid job (63% compared to 88% lesbian/gay/bi-sexual)
- More likely to be low paid (60% trans people earn less than £20,000 but only 47% male/female lesbian/gay/bi-sexual)
- 25% felt discriminated against when looking for somewhere to live
- 19% had been homeless

**Physical health**
- 1 in 5 had negative experiences when accessing health services
- May be using drugs or alcohol as a coping mechanism, especially to deal with long waits for gender identity clinics
- Treatment (hormone or surgery) appears to improve mental health
- 19% of trans people may not be working due to health reasons
- “Screen the target organ, not the gender”

**Needs**
- Get language right! - if in doubt, ask about preferred pronouns
- Better access to local mental health services
- Treat people equally - trans people fear being treated as if being trans was a mental illness. Common mental disorders are sometimes attributed to being trans, so people are not referred quickly to local mental health services
- Refer early & quickly to a reputable service
- Shorter waiting times to gender identity clinics
- GPs should support treatments recommended by the gender identity clinic
- Improve local access to services

**Statistics**
- Estimated 7,500 people in Suffolk who identify as trans or non-binary
- 50% of respondents who don’t identify as male or female said they had self-harmed in “My Health, Our Future”, Health Watch Suffolk’s 2018 online survey of 7,088 young people, aged 11 to 19.
- Growing demand on services for young people (e.g. 25% increase in all referrals to the Tavistock & Portman Foundation Trust. 75% were female to male)

**Current support**
- Suffolk GPs refer to a mental health professional, who may then refer to a gender identity clinic.
- This two step approach is is not specifically recommended in national guidance
- Over a quarter (28%) of trans people in the East said their GP did not know where to refer them
- Nationally there are 7 adult gender identity clinics, and 1 (Tavistock & Portman) for children and young people. Waiting lists are seen as too long. A review is underway
- Suffolk Gender Identity Hub has information on services & support, such as:
  - Gender Xplored group, part of The Suffolk Lesbian, Gay, Bisexual and Trans Network (www.suffolklgbtnetwork.org.uk)
  - Outreach youth, based in Ipswich, provide LGBT+ youth groups and one-to-one support.
  - Trans*Families is a Suffolk project to support parents and carers of trans children
  - MIND Trans helpline 0300 3305448

**Gaps**
- Gender identity clinics are focused on the transitioning process:
  - Local mental health services should provide support for mental health problems such as anxiety, depression and self-harm. However, there are reports that these are hard for trans people in Suffolk to access, and do not always meet their needs

**Useful links**
- NHS England. *Interim gender dysphoria protocol and service guideline 2013/14*
- *Gender dysphoria, NHS Choices (2016)*
- Royal College of Psychiatrists. *Good practice guidelines for the assessment and treatment of adults with gender dysphoria (CR181)*
- General Medical Council. *Trans healthcare*

**Suffolk needs assessments & information**
- Common Mental Disorders
- Eating disorders
- Learning disabilities & mental health (incl. autistic spectrum disorder)
- Physical health in mental health
- Suffolk Gender Identity Hub

This is a copy of a dynamic, interactive page. For latest version, go to [https://www.healthysuffolk.org.uk/jsna/reports/health-needs-assessments/mhna-2018](https://www.healthysuffolk.org.uk/jsna/reports/health-needs-assessments/mhna-2018) or [https://infoqah.venqpoa.com/ps/c09ybI7WwE/trans-mh-suffolk-mhna](https://infoqah.venqpoa.com/ps/c09ybI7WwE/trans-mh-suffolk-mhna)