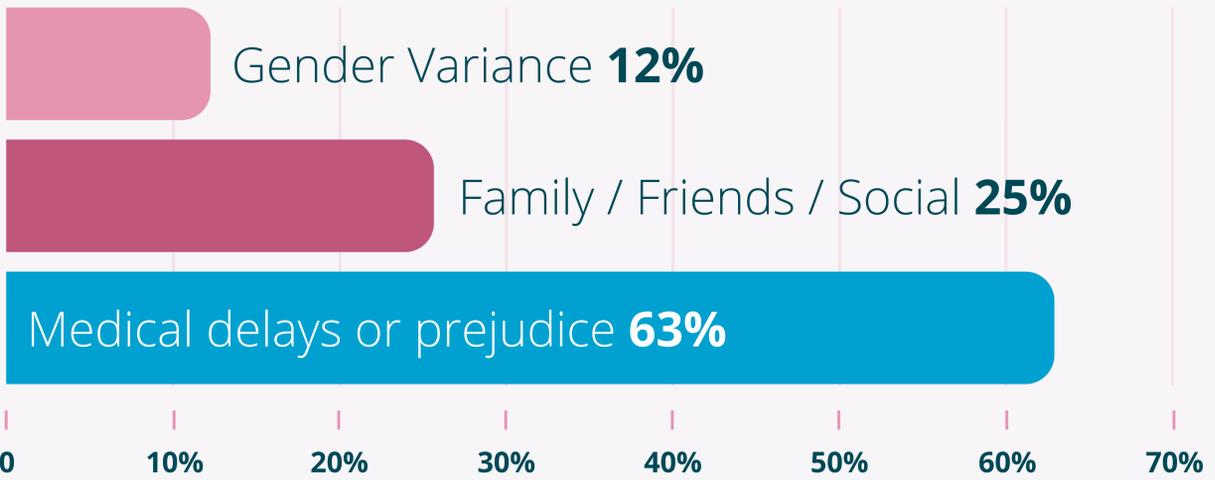


Gender Dysphoria or Medical Dysphoria. What causes trans patients the most distress?

Reasons



The presenting statements of 500 new patients to GenderGP transgender clinic.

I have been waiting for my GIC consultation for well over a year now and I recently received a letter saying that they have cancelled my referral and discharged me because they "tried to contact me and my GP numerous times for more information but with no success". I haven't had any attempts to contact me from them since I first sent off my forms. My GP is trying to get in contact with the GIC but so far with little success as they can't even get hold of them on the phone.

Due to this recent update, I am diving into a even bigger hole with my dysphoria and regularly take solace in self harm or taking extra steps to feel normal.

I have asked my GP to send a referral to my 'local' gender clinic but it has been five months since he said he would send it and despite chasing it with him it has not been sent, which is very frustrating as I know that even when the referral is sent I will then join the end of a long waiting list.

We have had a rather frustrating time trying to get some treatment for xx. Initially, the problem was seen to be purely a mental health issue and due to changes in the children and young people's service in XX, we ended up telling our story to a whole series of different doctors and therapists without seemingly making any progress. The third psychiatrist xx saw finally agreed to refer him to the Tavistock Clinic, but then it took him three or four months to finally write the letter after a lot of nagging!

I have been referred to XXX GIC but and still due an initial assessment but the waiting times are taking a serious toll on my mental health.

Just spoke to my GP again and they will in no way shape or form get involved in any care or treatment for me. Its really upsetting and frustrating how they deal with it.

I've been self-medicating for just over 2 months now. I heard too many horror stories about trying to access treatment through NHS GPs and GICs, and I could understand where they were coming from given my experience with the NHS in the last 3 years.

Since going to my GP in mid-2015 I have spoken to the GIC and have been told that I won't be able to have the possibility of getting hormones until at least April next year. I don't know if I can last this long.

I've been contacting the company and have still had no response. I'm constantly feeling very upset and dysphoric and would really like to start hormones asap to help me feel better about myself and to start and see the changes my local GP refused to refer me to the GIC in London and also refused to prescribe Finasteride, Minoxidil or any sort of hormone blockers.

The GP have refused to write the script for me and aren't willing to listen to me when I ask them to call my GIC.

Hi I been too gic four times and feel very let down by them they have not started me on any hormones and I feel like it just giving me the run round.

I really don't think I have ever had such an unhelpful surgery experience in my life dealing with these people.

I have heard many wonderful things about you and your service, and feel it's right for me versus the Dickensian services offered by XXX and the downright horrible treatment given to my good friend at XXX.

I just don't think I can deal with the possible hell that is the gender identity clinic (I haven't been, but I have comforted friends who have just returned from it).

I'm going to the gender identity clinic next week but I'm quite anxious about my appointment as the clinician I have been assigned isn't the most sensitive of people.

Honestly the most difficult part of my transition so far has been coming to terms with how unwilling my GP is to do anything beyond contacting the GIC.

After my GP and local doctors surgery making it

extremely clear they are not going to do anything until I am under the care of the GRC in London, I would like to proceed through Dr Webberley.

I am sure you have heard all this before, but what a frustrating world we live in!

They just dont want to take responsibility or even be open to further learning with regards to treating transgender patients.

Anyway, for my own sanity, I need to get the ball rolling and I cannot wait around for 1-2 years until I might eventually get my first appt at the clinic.

Despite visiting the XXX GIC for many years XXX wouldn't authorise the hormone prescription given by XXX on the grounds I couldn't be truly transsexual if I didn't change my name by stat Dec. He wrote reports that made it appear I was not visiting the clinic in female role by alternating the gender pronoun despite always travelling in female dress. We parted the appointments when he told me he would not give me the HRT I wanted because he would tell me what I needed and my wishes did not matter.

I found the process with the XXX to be at times incredibly tough and didn't always feel supported or in a place where we could ask questions or ask for help or advice.

I am very much ready to begin HRT but am being bogged down by gatekeeper and my local NHS who want to refer me to counselling (which I am already doing privately) before I am given funding to visit a GIC. I am concerned with the apathy I have so far received as I have not heard from my GP in many months.

XXX had her 1st appointment at XX GIC on the 19th December 2015 and a follow up appointment was given for June '16. At the interview XXX was asked if this was a sexual thing and that by the time the consultant saw her again she had to be dressing full time and making forward moves into transition. XXX is not prepared to do this at this time.

Really don't know where to start. I'm 34, been feeling different all my life. Local GP not terribly interested in helping (usual trouble, front counter harridans...)

I'm having problems with my GP at university, they are refusing to refer me to a GIC, even though I've gone to them 5 or 6 times. They sent me to talking therapy instead of the GIC, but the counseling people sent me back to my GP, explaining that they weren't able to refer me and that I'd essentially been sent to the wrong service. They even wrote a letter to my GP telling them to refer me. Just this morning, my GP said that I had to have been living in role as a male for 2 years before she would even refer me because apparently the GIC wouldn't accept me otherwise.

I am self medicating and trying to get the XXX GIC and gp to help but everything is refused and denied, gp said they will never fund any gender related treatment and some gps are transphobic and refuse my repeat meds that are non trans related because they feel uncomfortable as they say. They are clearly directly discriminating against me solely based on my gender identity, they treat me very differently.

I'm a transgender female I'm on the waiting list to be prescribed Hormones I have to wait 4 years and I would like to self medd as I cannot wait that long I've been feeling like a female since I've been 7 and I'm now 24 I've been through my doctors but there telling me to wait it out and I just want to become the person to match my real gender.

I went to see my GP on Monday & left frustrated, 2 reasons He explained he couldn't help due to lack of knowledge of what I was asking for, so he said no, but also the fact that I felt intimidated by him, because he was a large gentleman, who I had to look up to, when I was seated, so I got all flustered.

I'm having a lot of difficulty with my current NHS doctor - he's being absolutely impossible on every level.

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Contacts