

# What is LGBTQ+ Affirming Care?



- Life-saving healthcare for transgender people of all ages with a range of services, including mental health care, medical care, and social services.
- Well-established, evidence-based standards of care
- Medically necessary for the well-being of many transgender and non-binary people who experience Gender Dysphoria.

**Gender-focused medical services from a doctor**  
**Social Changes that affirm one's identity**  
**Each person's path is unique based on needs.**

## Gender Affirming Care can look like:

- ▶ Name changes
- ▶ Pronouns and labels
- ▶ Gender-Affirming hormone therapy
- ▶ Gender-Affirming surgeries

**WPATH Standards of Care allows professionals to work with individuals seeking Gender-Affirming care**

**Transgender and gender diverse patients should receive nonjudgmental care from appropriately trained health care professionals. Gender-affirming primary care includes preventive care, mental health and substance use disorder screening, hormone therapy, and education about nonmedical/nonsurgical gender-affirming interventions.**

**Children and adolescents require a multidisciplinary approach, which considers developmental stage, neurocognitive function, language skills; offers mental health support; discusses risks and benefits of social transition; and includes parental/guardian involvement in Gender-Affirming medical and surgical treatment in almost all situations.**

**Source: WPATH SOC version 8**

**Resources for crisis support and care**

**Trans Lifeline Community-Based Crisis Support**

**THRIVE Lifeline crisis responder**

**988 Crisis Lifeline**

**Advocacy Resources**

**Endocrine Society GAC Advocacy**

**ACLU Bills Restricting LGBTQ rights Nationwide**

**Queer Surgeon**

**Transplaining**



# Reach out for Professional Help:

Whether or not we are the right fit for your unique needs, we are here to provide support on your journey. You matter.

Contact us at 330-426-7885, or visit our website [www.CYOPInc.org](http://www.CYOPInc.org) for more information and resources.

## A little bit about us:

Carve Your Own Path, Inc. offers an evidence-based, trauma-informed, inclusive, community approach to mental health and well-being through holistic wellness services, education, and consultation services.

We envision a world where individuals seek wellness services without fear of judgment, and communities are empowered to thrive together.