



# SUPPORTING LGBTQA+ YOUTH IN MENTAL HEALTH SETTINGS

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*Thanks to*

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## PRACTICE TIPS

**Create an open environment:** Let your clients know it's safe space to talk about gender and sexuality (their own, or a family member's)

**Be aware** of environments that workers are in that may not feel safe to them; they may need prompting to discuss this

**Trans clients** may wish to change into preferred clothes, and be referred to their preferred name only during their appointment if they are not "out" publicly, or do not feel safe being themselves elsewhere.

**Check with clients** about what name and title they wish to receive on communications, especially those that may hear or see

## SUPPORT RESOURCES

Support service for LGBTQIA+ people, information for families - [Qlife.org.au](https://q.life.org.au)

Information and resources about trans health, legal rights & more - [transhub.org.au](https://transhub.org.au)

Support groups for LGBTQIA+ young people - [freedom.org.au](https://freedom.org.au)

Support groups for trans people of all ages - [transfolkofwa.org](https://transfolkofwa.org)

## CLINICAL RESOURCES

- AusPath: conference & trainings. professional networks, advice, service providers
- Various standards of care for trans people are linked through <https://auspath.org/standards-of-care>
- University of Melbourne free module on mental care for trans people <https://catalog.lms.unimelb.edu.au/browse/communities/courses/mental-health-care-for-tgdnb>