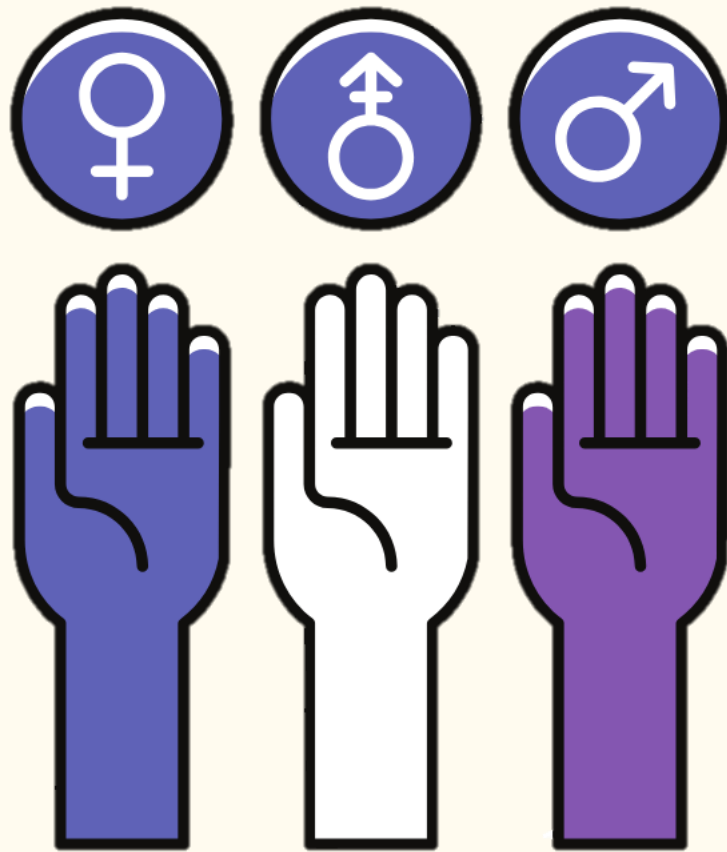


Resource Guide for Trans and Nonbinary Students



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Trans and Nonbinary Officer 2023-24

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Crisis and Mental Health Support Hotlines

24-hour hotlines:

Samaritans: 116 123

**Leicestershire NHS urgent mental health hotline:
0808 800 3302**

Give Us A Shout: Text SHOUT to 85258

Non-24-hour hotlines:

**National Suicide Prevention Helpline UK (6pm-
3:30am every day): 0800 068 4141**

SANEline (5pm-midnight every day): 0300 304 7000

CALM for men (5pm-midnight every day) 0800 58 58 58

**Papyrus HOPELINEUK for under 35's (9am-midnight
every day): 0800 068 4141**

**The Mix for under 25's (4pm-11pm Monday-Saturday):
0808 808 4994**

**Switchboard for LGBTQ+ (10am-10pm every day):
0300 330 0630**

**Student Space in Partnership with the Mix (3pm-12am
every day): 0808 189 5260**

Support for Students at Leicester Student's Union

Student's Union Advice Service

The SU Advice service is open all throughout the year (excluding bank holidays and University closure days) from 10am-4pm. Located on the second floor of Percy Gee building.

The SU advice service can:

- Listen to you explain your situation and provide you with advice and support, identifying appropriate services for you and the next steps you can take.
- Liaise with other services and departments on your behalf where needed.
- Review and provide further guidance on any documentation you need to collate for any procedures you need to follow.
- Continue to provide advice on any outcomes you
- experience and anything else you'd like advice on during your student journey.

<https://www.leicesterunion.com/support/advice/service/>

<https://www.leicesterunion.com/support/>

Support for Students at University of Leicester

Peer Mentoring:

A scheme where students in their second year, or beyond, act as Mentors as they are in the perfect position to offer advice having already walked in the same shoes.

Therapy dog sessions:

These occur every Tuesday between 1pm-3pm in the Advice Centre.

To book a session, please email advice@le.ac.uk

Crisis Cafe:

Free mental health support by trained mental health professionals for anyone over 18. No appointment needed. Mondays 10am-3pm

Victim First:

Provides a safe confidential space for students who have been a victim of a crime to discuss their feelings.

More information for both drop-in clinics can be found on the SU Advice service website.

C-Card:

Free condoms and lube available from a range of venues including Leicester SU, sign up at:

<https://leicestersexualhealth.nhs.uk/c-card>

Support for Students in University Ran Accommodation

Residential advisers:

These are students employed to support those living in university ran accommodation. They run events and help with settling in and are welcoming to talk to about anything.

Health Assured:

A private wellbeing service offered to students living in university ran accommodation. They offer a 24/7 help line and short-term counselling. For more information contact:

accommodation@system.le.ac.uk

Campus security:

Is available 24 hours a day through the safe zone app or via telephone. emergency number: 0116 252 2888 general enquiries number: 0116 252 2023

Accommodation reception staff:

They are available at the 24-hour reception in The Village or The City for general accommodation issues or for a chat and a cup of tea

LGBTQ+ Specific Support

Mindline Trans+

0300 330 5468

8pm till midnight Mondays and Fridays. (calls are only free within your phone contracts hours, if you have no minutes there will be a charge)

Mind out:

A mental health charity for LGBTQ community.

www.mindout.org.uk

Trans and gender-diverse services:

www.mindout.org.uk/get-support/trans-and-gender-diverse-services/

Switchboard:

0300 330 0630

www.switchboard.lgbt/how-we-can-help

The Leicester LGBT Centre:

Support groups, socials, and counselling

www.leicesterlgbtcentre.org/

National Helpline for LGBT+ Victims and

Survivors of Abuse and Violence:

0800 999 5428

LGBTQ+ Abuse Support and Sexual Health

Galop:

Support for abuse and violence and conversion therapy victims. they offer helplines, webchats, forums and more

www.galop.org.uk/

Trade sexual health:

Confidential sexual health advice, services, and support for the LGBTQ+ community in Leicester, Leicestershire, and Rutland: you can contact them by dropping into their office, by phone or by email.

Opening hours (Monday - Friday 10:00am - 5:00pm)

Advice line: 0116 254 1747

<https://www.tradesexualhealth.com/>

For more in-depth support and signposting for sexual violence see:

www.leicesterunion.com/support/advice/service/leicestertalks/a-z/sexualabuseandmisconduct/

Leicester Sexual Health: They offer a large range of services including free STI testing kits, advice and signposting and sexual health clinics.

LGBT clinics in Leicester:

Clinic Xtra at Trade Sexual Health and Men's Sauna Clinics.

<https://leicestersexualhealth.nhs.uk/leicester-sexual-health/lgbt>

<https://www.tradesexualhealth.com/services/clinic-xtra.html>

LGBTQ+ Housing Support and Social Spaces

Stonewall Housing:

www.Stonewallhousing.org/services/advice/

Albert Kennedy Trust: Support for 16 to 25-year-olds:

www.akt.org.uk/

Leicester SU LGBT Society:

Weekly meetups (LGBT Tea) and social events.

www.leicesterunion.com/opportunities/societies/financialsociety/7220/

www.instagram.com/uollgbtsoc

<https://discord.gg/jyvAtqYM7n>

The Leicester LGBT Centre:

<https://www.leicesterlgbtcentre.org/social-support-adults>

Self Help Apps

Worrydolls:

Share your thoughts and worries on the app and give them to the dolls to hold onto.

Calm Harm:

Provides guided activities to manage self-harm urges and keep you safe.

Headspace:

Mindfulness and meditation app to help manage mental health.

MyPossibleSelf:

Made by priory healthcare, it has a large range of features such as trackers, mindfulness, articles, guided exercises, and podcasts.

StayAlive:

Pocket suicide prevention resource for the UK packed with tools and information.

My Healthy Advantage:

Provides support for those living in university ran accommodation who have set up a health assured account

Gender Construction Kit

[Gender Construction Kit \(genderkit.org.uk\)](http://genderkit.org.uk) is a great resource for transgender individuals. It contains a lot of legal, medical, and general advice for trans people here in the UK.

In the UK? Here's how to change your:



Names



Pronouns



Titles



ID documents



NHS records



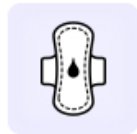
Visibility



Clothes



Voice



Menstruation



Head hair



Body hair



Facial hair



Muscles



Upper body



Lower body



Eyes



Face



Fragrance



Hands



Fertility



Libido



Mood

Gender Construction Kit is a great starting point for people wanting to research things like hormones, as they have everything from information on price ranges, different forms of hormones, side effects and basics of how to start on getting them.

GCK also has a lot of non-medical advice from clothes to exercise.

Transgender Transition Timeline (Diagnosis-Surgery)

1. Ask your GP for a referral to your local gender identity clinic, make sure your GP is aware of your identity and if you have gender dysphoria. It may help to attempt to change your preferred name on your NHS records.
2. Attend your gender identity clinic appointments. For NHS patients you will need to attend 2 or more appointments. Initial wait times can be anywhere from 20-60 months if you are on NHS. For private patients you will have 1 or more appointments and the wait list is usually far less than NHS services.
 - If you are diagnosed with autism, adhd or any other disabilities, neurodivergences or mental health issues your specialist may require additional assessments for you, leading to more appointments and longer wait times.
3. Once you get a gender dysphoria diagnosis from your GIC, you can ask to be referred for hormones (you will have to have blood tests done so prepare yourself for that)
 - You may be asked about if you want to try preserve your gametes for fertility, as most hormone treatments can cause infertility.

Transgender Transition Timeline (Diagnosis-Surgery)

4. After you have been diagnosed with gender dysphoria you can be referred for surgery. The wait times for these surgeries on the NHS are quite long but should be completely covered by the NHS.

- You do not need to be on hormones for any amount of time in order to have top surgery.
- You do need to have been on hormones for at least a year in order to be considered for bottom surgery.
- You can also be referred for other gender affirming surgeries such as a hysterectomy and facial feminization surgery.

5. Once you have a gender dysphoria diagnosis you could also go to a private clinic in order to get hormones and/or surgery. Wait times and prices vary between clinics.

For nonbinary individuals, many doctors will require a second opinion when diagnosing gender dysphoria or referring for surgery and hormones. This could lead to extra wait time, and higher costs for private patients.

Gender Affirming Clothing

Binders

Binders flatten the breasts. When buying a binder make sure to measure yourself properly to ensure good fit. Never bind for more than eight continuous hours. Never exercise or sleep in a binder.

<https://uktransshop.co.uk/collections/binders>

<https://spectrumoutfitters.co.uk/>

Bras

Bras should fit around your band size properly. You can pad bras using inserts or choose bras with a small cup size that naturally fit your chest.

<https://www.littlewomen.com/>

Packers

Packers can create the look of a bulge in your trousers. Many places sell pants that can comfortably hold a packer.

<https://spectrumoutfitters.co.uk/collections/boxers-and-packers>

<https://uktransshop.co.uk/collections/packing>

Tucking

Tucking helps hide bulges in pants. You should not tuck for prolonged periods of time.

<https://uktransshop.co.uk/collections/gaffs>

Wigs

If you are still growing out your hair, wigs can be a fun way to experiment with hairstyles

<https://www.simplywigs.co.uk/>

<https://www.wigstoreuk.co.uk/wig-shop-wig-store-uk/>

Going Private – Diagnosis

Harley Street Gender Clinic

<https://www.harleystgenderclinic.com/>

Rough Price: £925

Wait Time: 1-8 Weeks

Location: London, Allows virtual video assessments.

Gender Doctors

<https://genderdoctors.com/>

Rough Price: £600

Wait Time: 4-8 weeks

Location: London, Allows virtual video assessments.

Gender Care

<https://gendercare.co.uk/>

Rough Price: £540-£660

Wait Time: 2-10 months

Location: various

(Gender Care is made up of many different doctors, wait time and prices vary depending on which doctor you decide to go with)

Going Private – Hormones

The Gender Hormone Clinic

<https://thegenderhormoneclinic.com/>

Rough Price: £600 per year + prescription cost

Location: London

Gender Care

<https://gendercare.co.uk/>

Rough Price: £130-340 per year + prescription cost

Location: various

(Gender Care is made up of many different doctors, wait time and prices vary depending on which doctor you decide to go with)

Gender GP

<https://www.gendergp.com/>

Rough Price: £400-750 per year

Location: online

Please be aware that because Gender GP is an international service many NHS services may not recognize dysphoria diagnosis or referrals from here. You are able to get hormones directly here, but many NHS trusts may refuse shared care due to this.

Going Private – Surgery

Most specialists who can diagnose gender dysphoria can also write you a referral for surgery or hormones, and many include that in the price of a diagnosis.

Multiple surgeries:

Gender Doctors

<https://genderdoctors.com/>

Hamlet Clinic

<https://granthamlet.com/plastic-surgery-london/surgical/>

Transgender Care (specifically mentions willingness to operate on nonbinary individuals as well as binary trans individuals)

<https://www.transgendercare.co.uk/Home>

Chest surgery:

Harley Medical Group (accepts NHS referral)

<https://www.harleymedical.co.uk/>

Antony Fitton (accepts NHS referral)

<https://plasticsurgeryplymouth.com/female-to-male-chest-reconstruction/>

Simply Better Transgender

<https://simplybettertransgender.co.uk/>

Going Private – Surgery

Feminising lower surgery:

Nuffield Health (Accepts NHS Referral)

<https://www.nuffieldhealth.com/hospitals/brighton/our-expert-gender-affirmation-team>

Parkside Hospital (Accepts NHS Referral)

<https://www.parkside-hospital.co.uk/services/gender-identity-service/>

Christian Seipp

<https://www.christianseipp-urology.net/transgender-health.html>

Be aware that many surgeons are based in London, as such you will have to travel when going to your surgery. Ensure you have friends/ family to help you get to and back from the surgery.

Facial Feminisation Surgery (FFS)

FFS is a surgery that alters stereotypically masculine features and makes them closer to that of stereotypically feminine features.

FFS is actually made of many smaller surgeries such as a brow lift, rhinoplasty, cheek implantation and lip augmentation.

Many surgeons are also able to reduce the prominence of the Adam's apple.

Recovery from FFS can take up to a full year, although many people start feeling fine after a few weeks, they can still experience swelling, discolouration and swelling for months.

Tips for FFS:

- Soft foods and reusable straws
 - Many patients are not able to eat solid foods after FFS due to jaw work. This can last a few weeks so make sure to stock up on yogurt, soups, and pureed fruits and veg.

Facial Feminisation Surgery (FFS)

- **Keep yourself moisturized**
 - Applying lip balm and medical salve on your lips and skin are vital to stop your skin drying out. Your doctor may also prescribe antibiotics to help stop infections.
 - It is also vital to keep yourself hydrated so drink lots of water.
- **Take your meds**
 - Your doctor prescribes your medicine for a reason, make sure you take every medicine just as they're prescribed to you so your recovery can go as smoothly as possible.
- **Have someone help you out.**
 - You will feel awful after your surgery for a few days/weeks. Have someone to help you around the house and drive you too and from appointments.
- **Pillows**
 - You should keep your head elevated whilst you sleep so you can reduce the swelling in your face. Many people recommend a wedge pillow as it has good support.
- **Don't overexert yourself!**

Top Surgery (MTF and FTM)

- You're going to have swelling (6-9 weeks)
 - This is totally normal and may feel pretty uncomfortable. To reduce swelling your doctor may prescribe anti-inflammatory pills, however these may vary in effectiveness. If you want to reduce swelling an ice pack or bag of frozen peas helps a lot but make sure to cover it in a tea towel or hold it over your clothes. Never put ice directly on your skin.
 - If your doctor gives you a surgical bra/surgical binder, make sure to wear it for the hours they tell you to. It helps to reduce the overall swelling and will leave better results.
- Do not overexert yourself
 - You will not have full use of your chest and arms for a few weeks post-surgery. From anywhere between 2-3 weeks to 2 months your muscles will be very fragile. Avoid carrying things or lifting your arms too high.
 - Make sure to move your legs around though. It's important to keep your blood flowing in your legs to avoid blood clots.

Top Surgery (MTF and FTM)

- **Showering**
 - **MTF:** After breast augmentation you should wait 24-48 hours after surgery to shower.
 - **FTM:** 2-4 weeks after surgery your dressings will be removed. Before that you are not able to get them wet. Stock up on body wipes because you will likely be advised not to use deodorant. Dry shampoo is also a must have.
- **Sleep at an angle**
 - To help with blood flow and swelling sleep at an angle. A wedge pillow is a great help to get you up at the right angle. A pregnancy pillow is also helpful on top of that, as the sides will prevent you turning over at night.
- **Have someone to help you**
 - You won't be able to drive, open heavy doors, get changed or reach into cupboards very well after top surgery. Make sure someone helps you or you may risk overexerting yourself and complicating your recovery.

How to Legally Change Your Gender and Name

Name Change:

1. Go to a deed poll website (<https://deedpolls.com/>)
2. Fill in the form
3. Choose how many deed poll and certified copies you want. Certified copies can be used to send into banks/passport offices who need a physical copy of your deed poll.
4. You do not need any of the extras such as record updating or will updating, those can be done on your own for cheaper elsewhere.
5. When your deed poll arrives in the mail all you need to do is sign it and have a non-related witness (such as friend, colleague, or tutor) sign it.

Gender Change:

(<https://www.gov.uk/apply-gender-recognition-certificate/how-to-apply>):

1. Have a gender dysphoria diagnosis from the UK with documented proof that you have been living in your affirmed gender for at least 2 years OR if you do not have a gender dysphoria diagnosis but meet all the following criteria:
 - you currently live in England, Wales, or Scotland
 - you were in a marriage or a civil partnership on 10 December 2014 and living in England or Wales, or on 15 December 2014 and living in Scotland
 - you had been living in your affirmed gender for at least 6 years before those dates, and you have evidence of that
 - you have had gender affirmation surgery
2. Apply on the government website

How to Change Your Name at University of Leicester

If you are a current student and have officially changed your name, this can be updated on your student record.

To do this, please e-mail studentservices@le.ac.uk with a copy of one of the below:

Valid passport

Birth certificate

Marriage certificate

Deed poll (<https://www.gov.uk/change-name-deed-poll>)

Please note we do not accept a driving license as proof any name changes.

If the document is not in English, an official English translation of the documents would be needed in order to process the name change.