



Seeing your GP and getting an appointment can be stressful. Childline have written a great resource to help you access your GP. If you think it might take a while to explain what you need, ask for a double or a longer appointment

Questions to ask your GP:

- What support is available from the services you could refer me to?
- What are the waiting lists for these services?
- Which service do you think it would be best to refer me to?
- What support is available locally while I wait?

You can ask them to refer you to a specific service if you like

Ask how you will be supported locally, or if you can get a second opinion

You might have a long wait to access the youth gender services. Support while you wait is available from lots of places. This includes:

- Your GP, who can refer you to other specialists
- Mental health services
- Charities who support LGBTQ+ young people and their families
- Charities who support young people who are worried about their mental health

Your waiting time starts as soon as your GP refers you to the first specialist