

FAQs- managing distress during waiting times for gender clinic

Gender clinic- coping with waiting times

In fear of rejection, a person may have harboured the information they have disclosed for some time. Often, by the time someone has taken the considerable courage to disclose it, they are in acute need to express their true selves, and the conflict between speaking out and keeping it under wraps has become too hard to manage.

As waiting times have become longer and longer we are seeing clients who find it hard to then cope with the delays in accessing support.

Ways to manage throughout this period are varied:

- For young people, CAMHS is an option if not already engaged.
- Intercom have one to one workers for adults and young people (and family members) and in some areas a low cost counselling service
- Meeting others in a similar situation is helpful – have a look though our directory for local groups & for young people youth groups.
- Download the 'Hell Yeah self-care' document by Meg-John Barker : <https://www.rewriting-the-rules.com/wp-content/uploads/2017/02/HellYeahSelfCare.pdf> has some great techniques for self-care and can be suitably adapted to all ages
- Look for specialist private LGBT+ counsellors in your area
- Practice mindfulness

Lesbian, gay, bisexual and trans+ people in the South West
If you have found a way to cope in these times that we have not mentioned, do let us know so we can add it to this list.

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