

# GENDER WELLBEING SERVICE

The Gender Wellbeing Service is a free, confidential mental health service and safe space for people who are questioning their gender identity or identify as trans or gender diverse.

This service provides psychological therapies, peer support and general information and support within the metropolitan area of Adelaide.

## Psychological Therapies

We provide short term, non-crisis, evidence-based psychological therapies for gender questioning, trans and gender diverse people with mild to moderate mental health concerns. The service is available for people who are 12 years old and over.

To access our psychological therapies, a Mental Health Care Plan is required from a GP.

## Peer Support Program

Our service offers a Peer Support Program for gender questioning, trans and gender diverse people supported by a team of paid staff and volunteers with lived experience of gender diversity.

The Peer Support team can provide support from a lived experience perspective for community members who are 16 years and over.

Our Peer Support Program also offers a range of **community groups** and **community workshops** for gender diverse people and their supports.

Website [www.shinesa.org.au/gender-wellbeing-service](http://www.shinesa.org.au/gender-wellbeing-service)

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[shinesa.org.au](http://shinesa.org.au)