

Services & Support

Service		Address	Contact
Expanded Horizons	<p>Expanded Horizons provides a group based program for Lesbian, Gay, Bisexual, Trans, Intersex, Asexual, Pansexual or other diverse identities (LGBTIQAP+) young people (or youth questioning sexuality or gender identity).</p> <p>The program offers QSPACE for young people (12-17 years) and QPLUS for youth (18-25 years).</p>	YHES House Southport	<p>1300541622</p> <p>https://www.wmq.org.au/youth-and-family-support/youth-mental-health-programs/expanded-horizons</p>
Q Space	<p>Group program for 12-17 year olds (lesbian, gay, bisexual, trans, intersex, queer, questioning, asexual, pansexual and other diverse identities). The program runs weekly on Wednesday afternoons from 3:30 – 6:30pm. Information is presented on a range of topics.</p>	Southport	<p>0437 013 710 (Rachel)</p> <p>www.qspace.net.au</p>
Q Plus	<p>Social support group for young people aged 18-25. QPlus is a gathering of gender diverse, sexually and romantically diverse, intersex and questioning young people and includes social events, skill sharing, and community exploration.</p>	Southport	<p>0427 476 806 (Tobi)</p> <p>www.qspace.net.au</p>
Q Life	<p>National counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). Q Life provides nationwide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.</p>	Australia Wide	<p>1800 184 527</p> <p>www qlife.org.au</p>
Evandale Practice Dr Stuart Aitken Dr Morris Bersin	<p>Private practice specialising in all areas of Sexual Health including Hormone Therapies for Gender Dysphoria, HIV Medicine, Genital Dermatology and STIs.</p>	2/142 Bundall Road, Bundall	<p>(07) 5510 3122</p> <p>www.evandalepractice.com</p>
Tea Time headspace Southport	<p>"Feel like a chat? Drop in to tea time from 4-5pm every Thursday for some fancy brews, delicious cookies and fabulous conversations with fellow lesbian, gay, bisexual, transgender, intersex, queer, asexual, pansexual + more! Folk aged 12-25</p>	H20 Broadwater 1/2 Nind St, Southport	<p>(07) 5509 5900</p> <p>0412 627 120</p> <p>Email: jade.mirabito@headspacesouthport.org.au</p>
Queer Collective	<p>Game, drink tea, make new friends and more! Tuesdays Fortnightly 3.30-4.40pm.</p>	headspace 3/1 Brygon Creek Upper Coomera	<p>(07) 5600 1999</p>
Gold Coast DBT - Gender Clinic (17+ yrs)	<p>The Gender Clinic is held each Tuesdays at Gold Coast DBT in Southport on the Gold Coast. The Gender Clinic is a specialised private health and wellbeing service providing individualised care for the trans, gender diverse and non-binary people. We also provide support to families and partners.</p>	6 Railway St Southport	<p>07 5647 3438</p> <p>http://goldcoastdbt.com/specialist-clinics-at-gold-coast-dbt/gender-clinic/</p>

Rainbow Program (Relationships Australia)	<p>Supports the mental health and wellbeing of people of diverse bodies, genders and sexualities, including lesbian, gay, bisexual, transgender & intersex (LGBTI) people, as well as those questioning their gender identity or sexual orientation.</p> <p>The Rainbow Counseling Service</p> <p>Transcendence Social and Emotional Support Group 18+ - Held second Monday evening of each month, 6-8pm.</p>	<p>Level 1 Robina Super Centre 86-104 Robina Town Centre Drive, Robina.</p>	<p>1300 364 277 www.raq.org.au/services/rainbow-program</p>
Queensland Children's Gender Service	<p>Provides support to children diverse in gender identity through affirmative, family focused, interdisciplinary assessment and specialist outpatient care.</p>	<p>Level 3 501 Stanley Street South Brisbane</p>	<p>07 3069 7377 www.childrens.health.qld.gov.au/service-gender-clinic</p>
Clinic 145	<p>Sexual health clinic offering consulting and medical affirmation service for gender dysphoria 16+ who reside in Northern NSW.</p>	<p>145 Wharf Street Tweed Heads</p>	<p>(07) 5506 6850</p>
Compass headspace Tweed Heads	<p>Youth driven network of community members and service providers uniting to provide safety, support, acceptance and celebration for LGBTQIAP+ young people in Tweed Shire and Southern Gold Coast. Compass meets on the 2nd Thursday of every 2nd month from 3.00-5.00pm at headspace Tweed Heads.</p>	<p>145 Wharf Street Tweed Heads</p>	<p>(07) 5589 8700 https://headspace.org.au/headspace-centres/tweed-heads/compass-lgbtqap-youth-network-planning-for-an-awesome-2019/</p>
Spectrum headspace Tweed Heads	<p>LGBTIQAP+ social group for 16-25 year olds in Tweed Heads and Murwillumbah. Groups run on the 2nd Thursday of the month from 5-6:30pm at headspace Tweed Heads and the last Tuesday of the month from 4-5:30pm at the Murwillumbah Community Centre youth space.</p>	<p>145 Wharf Street Tweed Heads</p>	<p>(07) 5589 8700 https://headspace.org.au/headspace-centres/tweed-heads/spectrum-lgbtqap-social-group-16-25-years-starting-at-tweed-heads-murwillumbah/</p>
Queerspace	<p>Provides counselling (including individual, relationship and family counselling), case management, individual advocacy and other support services to help you with a range of issues. Queerspace also provide family education, group support programs, and can help you access LGBTIQ+ friendly healthcare options and services.</p>	<p>100 Drummond Street Carlton Victoria</p>	<p>03 9663 6733 www.queerspace.org.au</p>
Diverse Voices	<p>Non-profit organisation with a focus on the well being of the diverse voices that make up our community. Our focus is on the operation of a LGBTIQ+ peer to peer telephone, web chat and referral service.</p>		<p>1800 186 527 www.diversevoices.org.au</p>
Parents and Friends of Lesbians and Gays (PFLAG)	<p>Peer support group that assists families and friends to understand their lesbian, gay, bisexual and trans (LGBTIQ) loved ones.</p>		<p>0400 767 832 www.pflagbrisbane.org.au</p>
Open Doors Youth Service	<p>Service is for LGBT young people aged 12-18. Meet other young lesbian, gay, bisexual and/or transgender people in a safe and friendly environment where everyone can be themselves without judgement.</p> <p>Reconnect Program For LGBTIQAP+ Sistergirl and Brotherboy</p>	<p>5 Green Square Cl, Fortitude Valley</p>	<p>07 3257 7660 www.opendoors.net.au</p>

	<p>identifying young people aged 12 to 18 who are homeless or at risk of homelessness as well as at risk of disengaging with community.</p> <p>Drop In Various social support groups for 12-24 year olds.</p> <p>Jellybeans Program Supports young people who identify as gender queer, gender questioning, gender non-conforming, gender diverse or transgender young people aged 12-24.</p> <p>Alcohol and Other Drug Program Provides one on one and group alcohol and drug support to young people who are between the ages of 12-24 years who live in South East Queensland</p>		
Queensland Aids Council (QuAC)	Non-profit, community based health promotion charity focused on providing quality services that enhance the lives of lesbian, gay, bisexual, transgender, intersex (LGBTI), sistergirl and brotherboy peoples in QLD.	30 Helen Street Teneriffe	1800 177 434 www.quac.org.au
National LGBTI Health Alliance	National peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, and intersex people (LGBTI) and other sexuality, gender, and bodily diverse people and communities.		www.lgbtihealth.org.au
Twenty10	Gay & lesbian counselling service of NSW	Level 1, 45 Chippen Street, Chippendale	www.twenty10.org.au
True Relationships and Reproductive Health.	Offers training that is engaging, safe and evidence-based. Service caters for participants from different fields and offer flexibility for people seeking anywhere, anytime learning.	Queensland Wide	(07) 3250 0280 https://www.true.org.au/Education/allschool
Parents Group Brisbane	Group for parents of gender diverse children and young people. Meetings are held bi-monthly and are organised and run by parents for parents. Tea/coffee and nibbles provided. Video and teleconferencing available.	Level 2, Chermside Galleria 831 Gympie Road Chermside	Email: parentsgroupbrisbane@gmail.com
Ocean Psychology Heidi Jansen	Heidi is a registered psychologist with a particular interest in working with people with diverse sexualities – lesbian, gay, bisexual and transgender people. Bulk billing available for eligible clients.	6B/17 Connor Street Burleigh Heads	(07)5520 7718
The LGBTI Legal Service	Offers free and confidential legal advice to Queensland residents who identify as members of the diverse lesbian, gay, bisexual, trans and intersex community.	Fortitude Valley	(07) 3124 7160 https://lgbtilegalservice.org.au/
Dr Susie Radford	General Practitioner at headspace	Level 1 H2O Broadwater 2 Nind Southport	(07) 5509 5900

Kooky Clinic Dr Shannon Morton	Specialist Mental Health and Development Clinic.	107 Springwood Rd Springwood	(07) 3133 8018
The Village	The Village is a program for parents and carers of trans, gender diverse and gender non-conforming young people. This program is a safe space for parents to come together, to speak about their experiences and to learn from others.	Available to participants Australia wide.	To register your interest to attend please email: gagroups@ds.org.au This program is delivered via Zoom.

Online / Websites

Service		Contact
TrevorSpace	TrevorSpace is an affirming international community for LGBTQ young people aged 13-24.	www.trevorspace.org
ACON	Online support for community health, inclusion and HIV responses for people of diverse sexualities and genders.	www.acon.org.au
TransHub	Digital information and resource platform for all trans and gender diverse (TGD) people in NSW, our loved ones, allies and health providers.	www.transhub.org.a
Minus 18	Youth driven network for LGBTIQ Youth. <i>Minus18</i> creates safe events, resources and volunteer opportunities for lesbian, gay, bisexual, transgender and intersex (LGBTI) young people.	www.minus18.org.au
Reach Out	Website offering information on Identity and Gender	https://au.reachout.com/identity-and-gender
Headspace	Website offering information - What is gender?	https://headspace.org.au/young-people/gender-identity-and-mental-health/
Parents of Gender Diverse Children	Provides peer support to parents and those parenting trans and gender diverse children.	www.pgdc.org.au/
YGENDER	Peer led social support and advocacy group for trans/gender diverse young people.	www.ygender.org.au

For Young People

OMG I'm Trans (Minus 18)	https://studentvoicehub.org.au/download/1144/
OMG I'm Queer! (Minus18)	https://studentvoicehub.org.au/download/1141/
Simply Trans Booklet	http://www.livingproud.org.au/wp-content/uploads/2014/01/Simply_Trans.pdf
The Only Way Out Is In A booklet about sexuality and/or gender identity.	https://www.opendoors.net.au/wp-content/uploads/2009/10/the-only-way-out-is-in.pdf
You're Not Alone	https://waids.com/resources.html

An information booklet for young people who are coming out or questioning their sexuality and/or gender.	
Trans @ School : A guide for trans and gender diverse children and young people	https://www.qhrc.qld.gov.au/your-responsibilities/for-schools-and-universities/trans@-school
Transcend Media	https://transcendaus.org/media/
I am Jazz	I Am Jazz (TV Series 2015–) - IMDb

For Parents

The Transgender Child: A Handbook for Families and Professionals	
The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens (2016)	Stephanie Brill
About A Girl : A Mother’s Powerful Story of Raising her Transgender Child. (2019)	Rebekah Roberston
Raising My Rainbow: Adventures in Raising a Fabulous Gender Creative Son (Random House, 2013). Lori Dutton	www.RaisingMyRainbow.com
Transcend A Guide for Parents and Carers	https://transcendaus.org/wp-content/uploads/2020/10/Transcend_A-Guide-for-Parents-Carers-1.pdf
Not a Girl, Not a Boy Four Corners - ABC	https://www.abc.net.au/4corners/not-a-boy,-not-a-girl/12017720
What’s it like being transgender - ABC	https://youtu.be/G6IIZVTrW_A
Transcend Media	https://transcendaus.org/media/

For Children

Introducing Teddy	Jessica Walton
Are you a boy or a girl?	Sarah Savage
Julian is a mermaid	Jessica Love
The boy and the bindi	Vivek Shyraya
A house for everyone	Jo Hirst
My shadow is pink	Scott Stuart

For Professionals

From Blues to Rainbows Report (2014)	https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0268-from-blues-to-rainbows-report-final-report.pdf?sfvrsn=2

Trans Pathways Report (2017)	https://www.telethonkids.org.au/transpathways
Writing Themselves in 4 (2021)	https://www.latrobe.edu.au/__data/assets/pdf_file/0010/1198945/Writing-Themselves-In-4-National-report.pdf
Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children	https://www.rch.org.au/uploadedFiles/Main/Content/adolescent-medicine/australian-standards-of-care-and-treatment-guidelines-for-trans-and-gender-diverse-children-and-adolescents.pdf
The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens (2016)	Stephanie Brill
Working Therapeutically with LGBTI Clients: A Practice Wisdom Resource	https://d3n8a8pro7vhmx.cloudfront.net/lgbtihealth/pages/660/attachments/original/1585379519/Practice-Wisdom-Guide-ONLINE.pdf?1585379519
Trans @ School: A guide for schools, educators, and families of trans and gender diverse children and young people	https://www.qhrc.qld.gov.au/your-responsibilities/for-schools-and-universities/trans-at-school
Transcend Media	https://transcendaus.org/media/

YouTube Short Videos

- [What It's Like Being Transgender](#) (ABC)
- [Toilets, bowties, gender and me](#) (TEDx talk Adelaide – 12 year old gender diverse speaker)
- [Range of Gender Identities](#) (Amaze cartoon outlining gender identity and expression)