

# Appendix 1:

## Selected resources

### Trans and non-binary national organisations

#### Gender Minorities Aotearoa

Information about gender-affirming healthcare and changing ID documents, a free binder project, access to free facial IPL, drop-in shop and centre, a database of community support services around the country, and an online peer-support group, based on a kaupapa Māori approach

[www.genderminorities.com](http://www.genderminorities.com)

#### Agender NZ

National support and lobby organisation with regional branches and a newsletter

[www.agender.org.nz](http://www.agender.org.nz)

### National rainbow organisations

#### OUTLine NZ

Confidential, free, LGBTQI+-affirming support line and face-to-face counselling, ph. 0800 688 5463 (0800 OUTLINE)

[www.outline.org.nz](http://www.outline.org.nz)

#### RainbowYOUTH

Support and referral services, drop-in centres, peer-support groups and resources for queer and gender diverse youth and their wider communities across Aotearoa

[www.ry.org.nz](http://www.ry.org.nz)

#### InsideOUT

Resources, education, hui and tools to produce safer schools and communities for young people of minority genders, sexes and sexualities

[www.insideout.org.nz](http://www.insideout.org.nz)

#### ITANZ – Intersex Awareness New Zealand

Information, education and training for organisations and professionals who provide services to intersex people and their families

[www.ianz.org.nz](http://www.ianz.org.nz)

### Networks and resources for specific groups

#### Disabled people

Aotearoa Rainbow Disability Network (FB)

An online group for Rainbow identified disabled people to network, share information and ideas

[www.facebook.com/groups/407790389968475](https://www.facebook.com/groups/407790389968475)

#### All of Us

Resource booklet about increasing access and inclusion for intersex, gender diverse and queer young people who also have other minority identities

[www.theallofusproject.net](http://www.theallofusproject.net)

#### Māori

Tiwhanawhana

A takatāpui community group based in Wellington

[www.tiwhanawhana.com](http://www.tiwhanawhana.com)

#### Te Rākei Whakaehu

Online peer support for transgender people, with a kaupapa Māori approach

[www.facebook.com/groups/1859212104305978](https://www.facebook.com/groups/1859212104305978)

#### Takatāpui

A resource hub for takatāpui and their whānau

[www.takatapui.nz](http://www.takatapui.nz)

### *Pasifika*

#### F'INE

Whānau Ora navigational services for Pasifika LGBTQI peoples and their families in the Auckland region

[www.f-ine.org.nz](http://www.f-ine.org.nz)

### *Refugees and asylum seekers*

Rainbow Path New Zealand – Refugees and Asylum Seekers

Information and network for LGBTQI+ refugees and asylum seekers in Aotearoa

[www.facebook.com/groups/588910448181053](http://www.facebook.com/groups/588910448181053)

### *Parents and children*

Portal Support for NZ Parents of Transgender and Gender Diverse Children

A portal for partners and guardians of transgender or gender diverse children in Aotearoa New Zealand to find and join a secret Facebook discussion support group

[www.facebook.com/groups/180569895612937](http://www.facebook.com/groups/180569895612937)

### *Regional contacts*

#### I'm Local

A website and free gender and sexuality resources for high schools, medical centres, hospitals, libraries, marae and community centres in more rural or isolated areas of Aotearoa

[www.imlocal.co.nz](http://www.imlocal.co.nz)

### **Health contacts**

#### *Gender-affirming healthcare*

##### PATHA

The Professional Association for Transgender Health Aotearoa was established in May 2019 as an interdisciplinary professional organisation working to promote the health, wellbeing and rights of transgender people

[www.patha.nz](http://www.patha.nz)

Ministry of Health: Transgender New Zealanders

The Ministry of Health's general information about health services for trans people in New Zealand

[www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders](http://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders)

Hauora Tāhine – Pathways to Transgender Healthcare Services

Hauora Tāhine covers the northern region (Auckland, Waitematā, Counties Manukau and Northland) District Health Boards

[www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-to-transgender-healthcare](http://www.healthpoint.co.nz/public/sexual-health/hauora-tahine-pathways-to-transgender-healthcare)

Gender-affirming health services that are available in Canterbury through the public health system

[www.healthinfo.org.nz/index.htm?gender-affirming-health-services\\_1.htm](http://www.healthinfo.org.nz/index.htm?gender-affirming-health-services_1.htm)

### **Support lines**

#### OUTLine NZ

Confidential, free, LGBTQI+-affirming support line and face-to-face counselling, ph. 0800 688 5463 (0800 OUTLINE)

[www.outline.org.nz](http://www.outline.org.nz)

#### 1737

Need to talk? Free call or text 1737 any time for support from a trained counsellor

[www.1737.org.nz](http://www.1737.org.nz)

#### Lifeline

Ph. 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

[www.lifeline.org.nz](http://www.lifeline.org.nz)

#### Suicide Crisis Helpline

Ph. 0508 828 865 (0508 TAUTOKO)

[www.lifeline.org.nz/services/suicide-crisis-helpline](http://www.lifeline.org.nz/services/suicide-crisis-helpline)

## Healthline

Call free on 0800 611 116 for health advice and information

[www.health.govt.nz/your-health/services-and-support/health-care-services/healthline](http://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline)

## Helplines

Some other services available in Aotearoa New Zealand that offer support, information and help. All services are available 24 hours a day, seven days a week unless otherwise specified.

[www.mentalhealth.org.nz/get-help/in-crisis/helplines](http://www.mentalhealth.org.nz/get-help/in-crisis/helplines)

## Key publications mentioned

Aotearoa NZ IDAHOBIT Day Coalition, 'UPR Submission from the Aotearoa New Zealand IDAHOBIT Day Coalition', [www.insideout.org.nz/upr-submission-from-the-aotearoa-nz-idahobit-day-coalition](http://www.insideout.org.nz/upr-submission-from-the-aotearoa-nz-idahobit-day-coalition)

Department of Internal Affairs, 'Information for Transgender Applicants', [www.dia.govt.nz/diawebsite.nsf/wpg\\_URL/Services-Births-Deaths-and-Marriages-Information-for-Transgender-Applicants](http://www.dia.govt.nz/diawebsite.nsf/wpg_URL/Services-Births-Deaths-and-Marriages-Information-for-Transgender-Applicants)

Human Rights Commission, *To Be Who I Am: Kia Noho Au ki Tōku Anō Ao, Report of the Inquiry into Discrimination Experienced by Transgender People*, Human Rights Commission, Auckland, 2008.

Ministry of Health, 'Health Report 20180198 – Potential priorities for Rainbow policy', Ministry of Health, Wellington, 2018 (released under the Official Information Act), [www.fyi.org.nz/request/7586/response/25114/attach/4/HR20180198%20BriefingonRainbowPolicy.pdf](http://www.fyi.org.nz/request/7586/response/25114/attach/4/HR20180198%20BriefingonRainbowPolicy.pdf)

Oliphant, J., J. Veale, J. Macdonald, R. Carroll, R. Johnson, M. Harte, C. Stephenson and J. Bullock, *Guidelines for gender affirming healthcare for gender diverse and transgender children, young people and adults in Aotearoa New Zealand*, Transgender Health Research Lab, University of Waikato, 2018, [www.hdl.handle.net/10289/12160](http://www.hdl.handle.net/10289/12160)

'Rainbow communities, mental health and addiction', submission to the Government Inquiry into Mental Health and Addiction – Oranga Tāngata, Oranga Whānau, June 2018, [www.mentalhealth.org.nz/assets/Our-Work/policy-advocacy/Rainbow-communities-and-mental-health-submission-to-the-Inquiry-into-Mental-Health-and-Addiction-08062018.pdf](http://www.mentalhealth.org.nz/assets/Our-Work/policy-advocacy/Rainbow-communities-and-mental-health-submission-to-the-Inquiry-into-Mental-Health-and-Addiction-08062018.pdf)

World Professional Association for Transgender Health, *Standards of Care for the Health of Transsexual, Transgender, and Gender-Nonconforming People*, Version 7, WPATH, 2012, [www.wpath.org](http://www.wpath.org)