

A POCKET GUIDE TO TRANSITIONING



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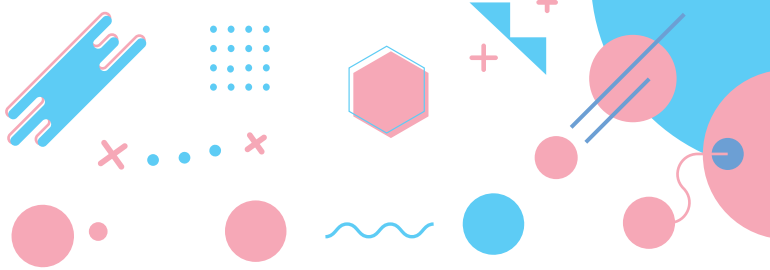
This pocket guide provides information on public pathways to social, legal, and medical transition in Ireland. It was made to empower trans people and those who support them in their transition.

What is Transitioning?

“The term ‘Transitioning’ refers to the process through which Trans people achieve the appearance, gender expression and self-image they feel is right for them.”¹ This can be broadly broken down into three categories of transition: social, legal, and medical. Trans people may feel the need to transition in some, all, or none of the above ways.

A trans person is trans regardless of whether or not they have transitioned in any of the ways mentioned above. There is no one way to be trans.

¹ BelongTo, ‘Transitioning’, <https://www.belongto.org/youngpeople/advice/transgender-info/transitioning/>, Accessed: 26th April 2023



SOCIAL TRANSITIONING

What is social transitioning?

A process whereby someone changes social aspects of themselves to affirm their gender identity. These changes are not legal or medical.

These can include ‘coming out’, going by a new name and/or pronouns (e.g. he/she/they etc), changing their appearance and/or gender expression through clothing, hair, makeup, or other ways to affirm their gender identity.



LEGAL TRANSITIONING



What is legal transitioning?

A process through which someone can change their legal name and/or gender marker.

In Ireland you can legally change your gender marker (e.g., male or female) and name through **a gender recognition certificate**. Currently there is no legal option for a third gender marker (e.g., non-binary).

If someone wants to change their legal name but not their gender marker, they can do so through **a deed poll**. A gender recognition certificate and a deed poll are two separate legal processes, both are explained below.

Gender Recognition Certificate

Legally changing your gender & name

The Gender Recognition Act 2015 allows individuals **over the age to 18** to legally self-declare their gender identity by applying for a gender recognition certificate (GRC). A person can also change their name along with their gender marker through this process, if desired. Once a person has their GRC, their new gender marker and name, if changed, will be on all legal documents going forward.

The GRC application form and more information are available on **gov.ie**. *Please note that the form has not yet been updated to reflect important changes: there is no requirement to provide evidence that you have used a new name for over 2 years, or a deed poll for a change of name. Simply fill in the desired legal name on the GRC form.*

It is also possible for **16 and 17-year-olds** to apply for a GRC. Parental/guardian consent is required, as well as a certificate from two medical practitioners. A parent/guardian must then apply to the Circuit Family Court with this consent and an application form. These forms can be found on courts.ie under 'Circuit Court Forms' (Forms 37P-37V).

If you are **under 16** there is currently no legal pathway to apply for a GRC in Ireland.



A Deed Poll – Legally changing your name

A deed poll is a signed declaration to legally change your name. You can get a solicitor to do it, or you can do it yourself. However, it must be witnessed in the presence of a solicitor or commissioner for oaths and then enrolled in the High Court. For full details of how to change your name by deed poll visit **[citizensinformation.ie](https://www.citizensinformation.ie)**.

Young people aged between **14 and 17 years** need the consent of both parents to carry out a deed poll. Where a child is **under the age of 14 years**, one of the child's parents must carry out the deed poll with the consent of the other parent as well². The deed poll must be stamped and paid at your local court and then sent to Dublin for an appointment to attend the High Court offices.

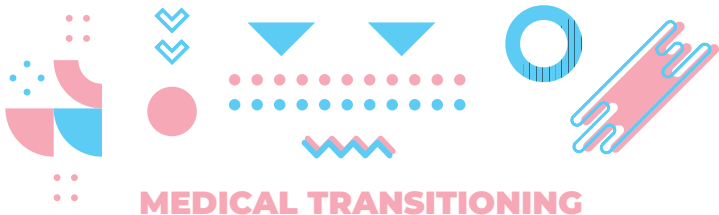
ID & State Documents

Once a person has attained a gender recognition certificate or a deed poll, they can use those documents to change their name and/or gender marker on identification documents, such as passport, driving licence, and age card as well as a revised birth certificate. For passports visit **[dfa.ie](https://www.dfa.ie)**, for driving licences and age cards visit **[citizensinformation.ie](https://www.citizensinformation.ie)**.

A GRC or deed poll will not be applied retrospectively to official documents, they will only apply to documents going forward.

A GRC or deed poll will only change state documents. Registered name and gender must be changed individually for the HSE, GP's, banks, bills, school, university, and work.

² Citizen's Information, 'How To Change Your Name', https://www.citizensinformation.ie/en/birth_family_relationships/problems_in_marriages_and_other_relationships/changing_your_name_by_deed_poll.html
Accessed 26th April 2023



MEDICAL TRANSITIONING

What is medical transition?

Some trans and non-binary people choose to medically transition. For those who do, medical transition may include hormone replacement therapies (HRT) and/or gender affirming surgeries.

For **trans masculine** people this may include going on testosterone, top surgery (double mastectomy i.e., removal of the breasts), and bottom surgery (phalloplasty or metoidioplasty).

For **trans feminine** people this may include going on oestrogen and antiandrogens (testosterone blockers), bottom surgery (vaginoplasty), breast augmentation surgery, facial feminization surgery, and tracheal cartilage shave.

Options for medical transition in Ireland:

National Gender Service (NGS)

The National Gender Service is the public service for adult (18+) gender care provided by the Health Service Executive (HSE), based at St Colmcille's Hospital, Loughlinstown, Co. Dublin.³

They provide endocrinological care, which means they provide access to hormone replacement therapies. You may also be referred to local relevant specialists to access HRT outside of the NGS.

How to be referred to the National Gender Service

People who are **17 or older** can be referred to the National Gender Service. The referral must come from a doctor registered with the Irish Medical Council (this is normally a GP).

³ National Gender Service, 'Referral Pathway', <https://nationalgenderserviceireland.com/referral-pathway/>, Accessed: 26 April 2023

Steps in the NGS

Step 1: A doctor can refer in three ways:

- Email or Post the National Gender Service referral form
- Post a letter of referral to the National Gender Service
- Send a referral via HSE HealthLink



Step 2: Waiting List

Once a referral has been received by the NGS the person will receive a letter in the post to confirm they are on a waiting list. If they are **under 18**, this letter will go to their referral doctor.



Step 3: Initial Assessments

The person will meet with members of the clinical team, including a consultant psychiatrist.



Step 4: Endocrine Clinic Appointment

The person will meet with a member of the endocrine team at your first endocrine clinic appointment.



Optional: Surgery Referral

If a person is interested in being referred for a gender affirming surgery, the National Gender Service can refer you for surgical assessment, they require that you have been prescribed hormones by their service for a set period of time.

For more information visit **nationalgenderserviceireland.com**

Contact details: 01 211 5045

Email: nationalgenderservice@hse.ie

This is currently the only public pathway for adults to medically transition in Ireland, however there are various private medical pathways which are also available to trans and non-binary people in Ireland. Some health insurance providers facilitate gender affirming healthcare.

There are currently no functioning public pathways for medical transition for those **under 18** in Ireland. Contact your GP for further info.

SUPPORTS

AMACH! LGBTI+ Galway (18+)

✉ info@amachlgbt.com

☎ 089 497 5162

🌐 amachlgbt.com

Social Media: @ TeachSolaisLGBT @AMACHLGBT

ShOUT! LGBT+ Youth Project (13-24yrs)

Youth Work Ireland Galway

shout@youthworkgalway.ie

✉ 087 659 5534

☎ youthworkgalway.ie

🌐 Social Media: @shoutlgbtgalway

Other Resources Available

BeLong To Youth Services - belongto.org

HSE - hse.ie

LGBT Ireland- lgbt.ie

Sexual Health West - sexualhealthwest.ie

TENI - teni.ie

Helplines

LGBT Helpline 1800 929 539

Transgender Family Support Line 01 907 3707

When researching anything to do with transitioning, whether for yourself or others, make sure it is from a safe resource/platform.

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An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



gretb

Ionad Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency