

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Transgender:

If you feel confused about your gender identity, you're not alone.... many young people question their gender. Whether you feel you identify more as male, female, non-binary, or any of the other terms used on the gender spectrum, you deserve to live **your authentic life**.

Some young peoples' gender identity is **complex**, and you may question your gender if you feel you do not fit with society's expectations of the gender you were assigned at birth. Some people may **know for sure** that they don't identify with the gender they were born with- this may be something you have felt from a young age.

You might feel:

- Anxious
- Stressed
- Depressed
- Isolated
- Confused

so it's important that you get the right support to **talk about how you feel**.

## Who can I talk too?

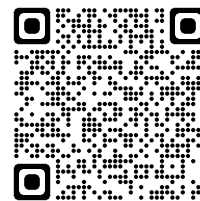
- A friend, teacher, co-worker or family member that you trust
- Your school or community Eye to Eye counsellor
- Other transgender people as part of an online community (see 'Helpful resources')
- Helplines, such as those listed in the useful contacts

## Coming out transgender?

Coming out and telling people that you are transgender can be a scary thing. You might be afraid of:

- Being bullied by people in school or work
- Being rejected by family
- Not being taken seriously
- Drawing unwanted attention to yourself

The FFLAG booklet in 'Helpful resources' is an **excellent** source of information that has lots of helpful tips for navigating coming out.



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**  
01443 202940  
[info@eyetoeye.wales](mailto:info@eyetoeye.wales)

**The Mix**  
0808 808 4994  
[www.themix.org.uk](http://www.themix.org.uk)

**Switchboard LGBTQ+**  
0800 0119 100  
[www.switchboard.lgbt](http://www.switchboard.lgbt)

### Helpful Resources

[FFLAG: How to tell my Parents](#)

[The MIX: Being a young transgender person](#)

[NHS: Trans: Advice for teenagers](#)

[Stone Wall: Best practice, toolkits, and resource](#)



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