

# LGBTQIA+ HEALTHCARE Resources

## Resources for LGBTQIA+ people

LGBTQIA+ Health Australia <a href="https://bit.ly/3mmDgM2">https://bit.ly/3mmDgM2</a>	The 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 LGBTQIA+ communities.
Previously known as the AIDS Councils based in each State and Territory, these organisations are gradually refocusing on the broader health needs of LGBTQIA+ communities, although some are still mostly providing HIV and sexual health services. They typically provide health promotion information about sexual health, and general health issues, counselling for mental health and alcohol and drug issues, and advocacy.	ACON - NSW <a href="https://www.acon.org.au">https://www.acon.org.au</a>
	Thorne Harbour Health (THH) – Victoria <a href="https://bit.ly/311cOzg">https://bit.ly/311cOzg</a>
	SAMESH – supported by THH – SA (mostly sexual health) <a href="https://samesh.org.au/">https://samesh.org.au/</a>
	Queensland AIDS Council <a href="https://quac.org.au/">https://quac.org.au/</a>
	NT AIDS and Hepatitis Council (NTAHC) <a href="https://bit.ly/3jLDxql">https://bit.ly/3jLDxql</a>
	Meridian - Canberra, ACT <a href="https://bit.ly/2ZxudPf">https://bit.ly/2ZxudPf</a>
	WA AIDS Council (Mostly HIV) <a href="https://waaid.com/">https://waaid.com/</a>
	Tas Council on AIDS Hepatitis & Related Diseases (Mostly HIV) <a href="https://bit.ly/3BoDh6k">https://bit.ly/3BoDh6k</a>
Beyond Blue <a href="https://bit.ly/3biTkrU">https://bit.ly/3biTkrU</a>	Support for LGBTI people with specific resources for the various groups.
Diversity Australia <a href="https://bit.ly/3vTPK12">https://bit.ly/3vTPK12</a>	Diversity Australia work on strategies to improve legislation for diversity and inclusion in Australian workplaces.
My Aged Care <a href="https://bit.ly/3blbDwF">https://bit.ly/3blbDwF</a>	Healthy Ageing.
Pride <a href="https://bit.ly/3C0Rd6Z">https://bit.ly/3C0Rd6Z</a>	Website for information about supporting people who are questioning their sexuality.
Pride Foundation Australia <a href="https://bit.ly/3bhN57D">https://bit.ly/3bhN57D</a>	The Pride Foundation supports charitable activities for LGBTQIA people by advancing equity.
QLife <a href="https://bit.ly/3jFsFKf">https://bit.ly/3jFsFKf</a>	A nationally-oriented counselling and referral service - phone (1800 184 527) and online peer support for mental health. It supports state and territory-based organisations such as Switchboard (Vic).
Working It Out <a href="https://bit.ly/3blCOY4">https://bit.ly/3blCOY4</a>	The Tasmanian LGBTQIA+ health and wellbeing organisation.

## Resources and Peer Support Groups

### LESBIAN AND BISEXUAL WOMEN

ALMA <a href="https://bit.ly/3mnZflX">https://bit.ly/3mnZflX</a>	The Australian Lesbian Medical Association (ALMA) was founded in 1999 for lesbian doctors, lesbian medical students, and their partners. ALMA provides a supportive network to its members through advocacy, mentoring and social activities.
DocLIST <a href="https://bit.ly/3BnhEnd">https://bit.ly/3BnhEnd</a>	DocLIST is an online list of doctors and mental health professionals recommended by lesbian and bisexual women. It is a national resource administered by the Australian Lesbian Medical Association. Lesbian and bisexual women can go to the DocLIST to find or recommend a doctor or mental health professional. The new Links section is a table of over 600 national and state-based organisations which may be of interest to lesbian, bisexual and queer women.
Queensland Women's Health Network <a href="https://bit.ly/3ukckkj">https://bit.ly/3ukckkj</a>	The Queensland Women's Health Network have a page dedicated to information for lesbian and bisexual women.

### GAY AND BISEXUAL MEN'S HEALTH

Gay Men's Health Australia <a href="https://bit.ly/3vYEAYH">https://bit.ly/3vYEAYH</a>	Gay Men's Health Australia is a website devoted to healthy lifestyle information, tips and tricks for gay men, bisexual men and other men who have sex with men.
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### TRANS HEALTH

ACON <a href="https://bit.ly/3CmmaDL">https://bit.ly/3CmmaDL</a>	"A Blueprint For Improving The Health & Wellbeing of the Trans & Gender Diverse Community in NSW" (2019) AIDS Council of New South Wales.
Trans Health Australia <a href="https://bit.ly/3Gsk9bw">https://bit.ly/3Gsk9bw</a>	Trans Health Australia was founded in April 2012 and is the fastest growing Advocacy & Support Network in the nation focused on social justice, human rights and healthcare services for Trans and Gender Diverse Australians. The organisation advocates for policy and legislation changes, provides education about the issues that affect the trans community, and referral and peer support for medical and surgical services.
Trans Hub <a href="https://bit.ly/3CmYTl9">https://bit.ly/3CmYTl9</a>	A digital information and resource platform for all trans and gender diverse (TGD) people in NSW, our loved ones, allies and health providers.

### PEOPLE WITH INTERSEX VARIATIONS

Head to Health: Intersex People <a href="https://bit.ly/3BqYc8N">https://bit.ly/3BqYc8N</a>	Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.
Intersex Human Rights Australia <a href="https://ihra.org.au">https://ihra.org.au</a>	Providing independent affirmative support for individuals, parents, and families: resources, policy guidance and community development.
Intersex Human Rights Australia <a href="https://bit.ly/2ZDGEtt">https://bit.ly/2ZDGEtt</a>	Lum, Steph. 2021. 'Youth.'
Intersex Peer Support Australia <a href="https://isupport.org.au">https://isupport.org.au</a>	The Androgen Insensitivity Syndrome Support Group Australia: provides support for individuals and family members irrespective of diagnosis.
LGBTQIA+ Healthcare. Health Needs of People with Intersex Variations <a href="https://bit.ly/3mo0guh">https://bit.ly/3mo0guh</a>	Written by Morgan Carpenter 2021.

### PARENTS AND FAMILIES

Intersex Human Rights Australia <a href="https://ihra.org.au/parents/">https://ihra.org.au/parents/</a>	Intersex for Parents'. 18 May 2013.
Rainbow Families <a href="https://bit.ly/2ZwhsVQ">https://bit.ly/2ZwhsVQ</a>	Australian charity "Rainbow Families" offers a range of resources such as their 'Trans and gender diverse parents guide' to provide support for LGBTQI+ parents and their children.
Rainbow Fertility <a href="https://bit.ly/3vPa4Ax">https://bit.ly/3vPa4Ax</a>	"Rainbow Fertility", a fertility and IVF service provider dedicated to the LGBTQI+ patients, lists a number of links and fact sheets to empower the community.
ReachOut Parents <a href="https://bit.ly/3H3aubC">https://bit.ly/3H3aubC</a>	'Supporting an Intersex Teenager'. 2019.

## PEOPLE WHO IDENTIFY AS ASEXUAL

Medical News Today <a href="https://bit.ly/3BnDgQj">https://bit.ly/3BnDgQj</a>	What does it mean to be asexual?
Trevor Project <a href="https://bit.ly/3EpDQyG">https://bit.ly/3EpDQyG</a>	Offering a great range of resources and education tools for suicide prevention in LGBTQI youth.

## Resources for health professionals on LGBTQIA+ health

A Guide to LGB Sensitive Care in General Practice, by Ruth McNair <a href="https://bit.ly/2XPuE78">https://bit.ly/2XPuE78</a>	Designed to assist GPs, practice nurses and practice staff to be inclusive of and sensitive to lesbian, gay and bisexual (LGB) people.
A Systematic Review of Guidelines for the Care of Lesbian, Gay and Bisexual People in Primary Care Settings, by Ruth McNair and Kelsey Hegarty <a href="https://bit.ly/3BgyT9C">https://bit.ly/3BgyT9C</a>	Exploring current (and lacking) guidelines for the primary care of lesbian, gay, and bisexual (LGB) people and their utility for primary care clinicians.
AusPATH <a href="https://bit.ly/3nEODP3">https://bit.ly/3nEODP3</a>	AusPATH actively promotes communication and collaboration among professionals and community members involved in the health, rights and wellbeing of trans, gender diverse and non-binary people. It also provides a list of trans-specialist health providers in each state and territory, for referral purposes.
Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children and Adolescents <a href="https://bit.ly/3kklLkM">https://bit.ly/3kklLkM</a>	Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children and Adolescents.
Australian STI Guidelines <a href="https://bit.ly/3nEDkX1">https://bit.ly/3nEDkX1</a>	Management guidelines for use in primary care.
Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society* Clinical Practice Guideline <a href="https://bit.ly/3BIED1Y">https://bit.ly/3BIED1Y</a>	Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline.
EndingHIV <a href="https://bit.ly/3qLidWj">https://bit.ly/3qLidWj</a>	Ending HIV initiative has focused on educating, informing and supporting gay, bisexual and other men who have sex with men (GBMSM) to reduce HIV transmissions in NSW by 80% by 2020.
Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People <a href="https://bit.ly/2XQqhJ1">https://bit.ly/2XQqhJ1</a>	These guidelines aim to equip primary care providers and health systems with tools and knowledge to meet the health care needs of transgender and gender nonconforming patients.
Health.Vic <a href="https://bit.ly/3mVK9nJ">https://bit.ly/3mVK9nJ</a>	Health Pathways – several Primary Health Networks in Australia have LGBTQIA+ specific Health Pathways, such as NWMPHN
Hormone Therapy for Trans and Gender Diverse Patients in the General Practice Setting <a href="https://bit.ly/3pLicBa">https://bit.ly/3pLicBa</a>	(The aim of this article is to provide GPs working in Australia with a practical guide to prescribe gender affirming hormone therapy to TGDNB patients.
Lesbian, Bisexual and Queer Women's Health: A Guide for GPs, by Ruth McNair <a href="https://bit.ly/3qlchmv">https://bit.ly/3qlchmv</a>	Includes a range of questions for CPD points.
PivotPoint (about substance use) <a href="https://bit.ly/3Hiwjnw">https://bit.ly/3Hiwjnw</a>	Provides guidance, tips, advice, and where to get help for yourself or your loved ones.
Position Statement on the Hormonal Management of Adult Transgender and Gender Diverse Individuals <a href="https://bit.ly/3D5XPm4">https://bit.ly/3D5XPm4</a>	Position statement on the hormonal management of adult transgender and gender diverse individuals.
Post-exposure Prophylaxis for HIV: Australian National Guidelines <a href="https://bit.ly/3jEDnkr">https://bit.ly/3jEDnkr</a>	Outlines the management, treatment and prevention of HIV transmission in non-occupational and occupational settings using PEP.

Pre-exposure Prophylaxis (PrEP) <a href="https://bit.ly/3vRahmE">https://bit.ly/3vRahmE</a>	For clinicians involved in HIV, who may be consulted about HIV Pre-Exposure Prophylaxis (PrEP). It assumes an understanding of HIV prophylaxis.
RACGP <a href="https://bit.ly/3H7Pf8v">https://bit.ly/3H7Pf8v</a>	Silver Book 2019 – Chapter Care of Older LGBT people.
RACGP (pending)	White Book 2021 - Chapter LGBTIQ+ Family abuse and violence.
Say It Out Loud (about relationships) <a href="https://bit.ly/3qwQRCQ">https://bit.ly/3qwQRCQ</a>	Information for professionals around how to better understand and support LGBTIQ+ people experiencing sexual, family and intimate partner violence.
WPATH: Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People <a href="https://bit.ly/312LDEd">https://bit.ly/312LDEd</a>	Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People

### TRAINING IN LGBTQIA+ INCLUSIVE PRACTICE

Inclusive Practice: Understanding Experiences of Violence -1800RESPECT <a href="https://bit.ly/3H4qytJ">https://bit.ly/3H4qytJ</a>	Supporting people who identify as LGBTI.
Index and Benchmarking: Health and Wellbeing Equality Index - Pride in Health and Wellbeing <a href="https://bit.ly/31L06oQ">https://bit.ly/31L06oQ</a>	Designed to assess and benchmark LGBTQ-inclusive service provision amongst health, wellbeing and human service providers.
LGBTIQ Support – PHN North Western Melbourne <a href="https://bit.ly/3GqjXtr">https://bit.ly/3GqjXtr</a>	Several online training modules and other resources for GPs, designed to enable better care for LGBTIQ people.
Introduction to LGBTIQ-Inclusive Practice – Rainbow Health <a href="https://bit.ly/3nDWrlM">https://bit.ly/3nDWrlM</a>	This online module provides an introductory understanding of LGBTIQ people's identities, their health and wellbeing, and unique needs service needs.
MindOut <a href="https://bit.ly/3mm6TNr">https://bit.ly/3mm6TNr</a>	Training and community of practice re LGBTI mental health.

### INTERSEX INCLUSIVE PRACTICE

Intersex Human Rights Australia - Healthcare Pathways <a href="https://bit.ly/3pSg8ae">https://bit.ly/3pSg8ae</a>	Provides a comprehensive suite of resources practitioners can use to ensure they are knowledgeable and competent to treat and support intersex patients
Intersex Human Rights Australia - Inclusive Practice <a href="https://bit.ly/3pliyY">https://bit.ly/3pliyY</a>	These resources are aimed at making services intersex friendly.
Yellow Tick Training <a href="https://bit.ly/3Bm8c3k">https://bit.ly/3Bm8c3k</a>	The Yellow Tick is a community led initiative that assists groups develop intersex inclusive and affirmative practices for programs, clients, and staff.