

***A Pocket Guide***

***For***

***Gender***

***Transitioning***

***Resources***

***(Halifax)***

**Book an appointment with the  
Halifax Sexual Health Centre.  
Call 902.455.9656 ext. 0. Monday-  
Friday from 9:00 am – 4:00 pm.**

**They will need:**

- Your name as it appears on your health card**
- Your birthdate**
- Your phone number.**

**Share your name and your pronouns  
with the admin!**

## Process for Hormone Access

### Letter of Readiness:

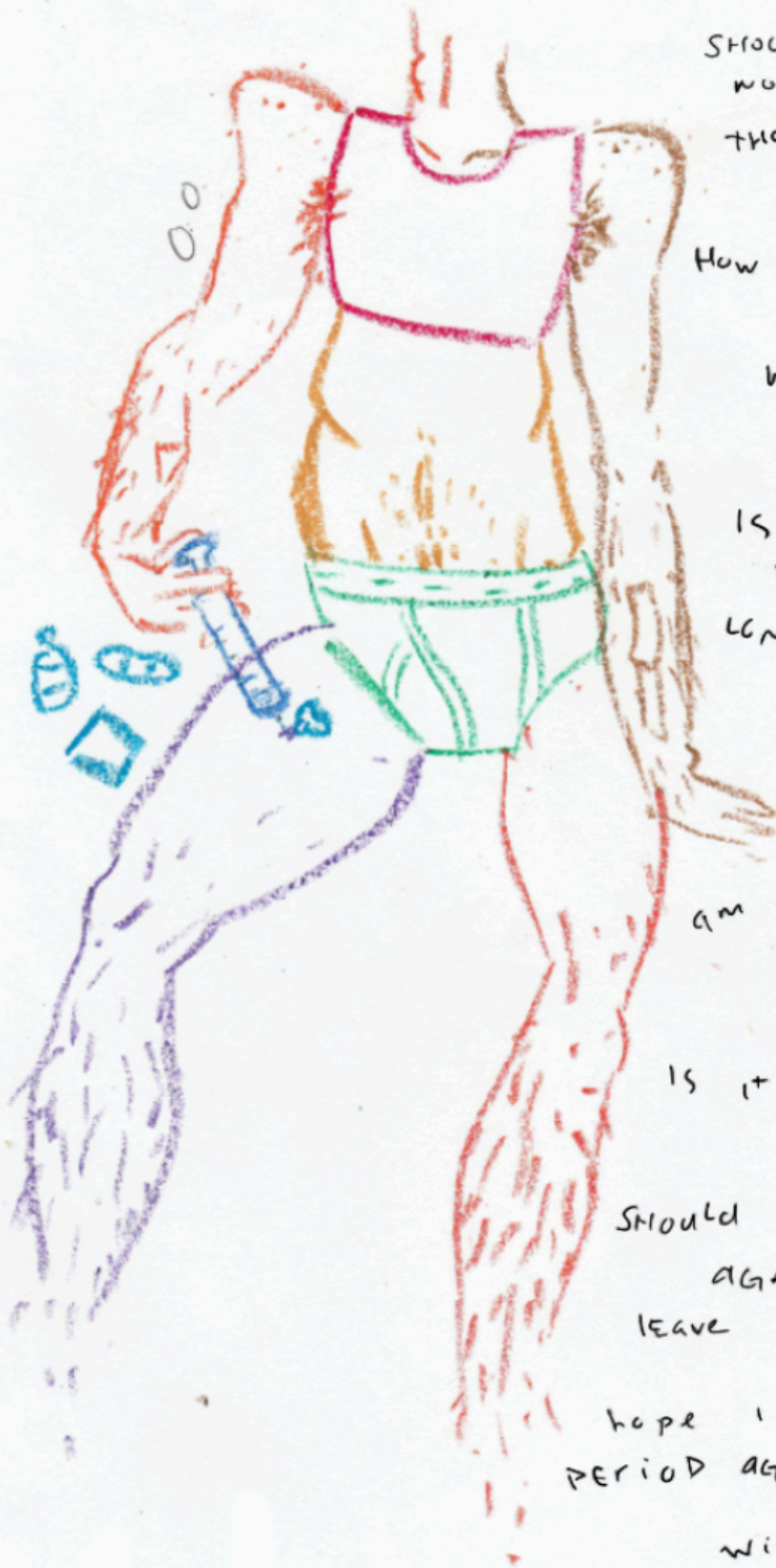
This is a letter you will need to have before being put on a hormone or surgery waitlist. There are two ways to get your letter:

**OPTION 1:** private psychologist (you have coverage or are paying out of pocket), you will likely get seen within a few months.

**OPTION 2:** MSI (covered by provincial health care), wait times range from 6-18 months. If you are unsure of where to go, let the HSHC know and they will be able to help you.

**Letter of Readiness appointment:** During this appointment, you will meet with a psychologist to go over your history and gender journey. This appointment can be very scary but they are not there to stop you from transitioning! They are there to make sure that you are ready and will have the support you will need through the process.

***\*\*PRO TIP: If you are looking to start hormones and know you would like to have surgery(ies) in the future or vice versa, ask for letters of hormone and surgical readiness. This will save you from having to pay for another psychiatric visit later on.\*\****



SHOULD I BE  
WORRIED ABOUT  
THOSE GIR BUBBLES

How am I to TELL  
IF IT ALL  
WENT IN AND  
STAYED IN

IS IT SUPPOSED TO  
BE SORE FOR SO  
LONG afterwards

IS THAT LITTLE  
BRUISE  
NORMAL

am i PUTTING IT IN  
THE RIGHT SPOT

IS IT clean  
enough

Should I DO IT  
AGAIN OR JUST  
LEAVE IT

hope I Dont GET my  
PERIOD AGAIN

will I BE a  
MAN SOON?

**Waitlist:** If you are starting the process for gender affirming hormones, the waitlist is typically 3-6 months. The HSHC will let you know when you can expect the call for your first appointment! This call will book the following appointments all at once:

**Visit #1:** Meet and greet: health history, blood requisition will be given to you to have your blood work done.

**Visit #2:** A review of your bloodwork results and a physical exam. You will not need to do anything you are not comfortable with! The purpose of this exam is to ensure you are healthy and well.

**Visit #3:** You will sign consent forms to start your hormone therapy and get your prescriptions that day.

If you are starting on testosterone, you can book a follow up appointment with one of their nurses who will help teach you how to do your injection. Sometimes this lesson is able to happen during your 3rd visit, ask the admin if this is possible.

## **Process for Surgeries**

Referrals for surgical readiness letters will vary on which doctor the HSHC will refer you to (for example gynecology, endocrinology, surgery, psychiatry). These wait times can range anywhere from 6-18 months.

**MSI approval for surgery:** once you have your letter(s) of surgical readiness, you can visit the HSHC to fill out MSI approval documents. We will then forward this to MSI. It takes approximately 4-6 weeks to receive notification of approval from MSI. Once HSHC has approval, we will contact you for a follow up appointment and begin planning for you to go to Montreal.

**Referral to Montreal for surgery:** Depending on the surgery, most are only available in Montreal (sometimes plastic surgeons in Halifax are available but this is often a longer wait).

If you require a referral for surgery, HSHC can help with this. HSHC fax off all required documents to Montreal. They will contact you from there. Wait times for surgery are very variable, but often range from 6-18 months.

if this queer life, these queer friends, have taught  
me anything about freedom,

it's that Pat the Bunny was only  
half right--it's all of the above:

it's beautiful...



nonbinary?  
what's that?

i still think of  
you as a brother.

they/them  
pronouns are so  
tricky!

and terrible...

and soft...



...and so very sweet.

## **Gender Marker Process**

**Gender marker changes:** You will need to fill out a form for Vital Statistics which HSHC can provide or you can access online. This form needs to be signed by one of their doctors. You will then bring this form to one of the Vital Statistics office locations, and they will begin processing your request.

Information on how to legally change your name can be found on the NS Government website!

## **Community support in Halifax**

**SouthHouse: Gender and Sexual  
Resource Centre**

**Pride Health**

**Youth Project (Ages 25 & under)**

**F.L.Y Peer Support (Ages 19 &  
over)**

**Venus Envy**