

Additional Resources/Support for Distress

During your participation in this study, it is possible that some of the questions may bring up upsetting memories of past experiences or that you may become upset when asked to describe experiences of gender dysphoria. Should you experience distress related to completing the interview questions, there are a variety of resources/sources of support available to you:

Canada:

- You can locate a mental health professional in your area through the Canadian Mental Health Association's 'Find Your CMHA' function: <https://cmha.ca/find-your-cmha>.

United States or Canada:

- You can contact the Trans Lifeline at 1-877-565-8860 (United States), 1-877-330-6366 (Canada), or at <https://translifeline.org>.

United States:

- You can also locate a mental health professional through Mental Health America's 'Finding Therapy' page: <https://www.mhanational.org/finding-therapy>
- If you are in crisis you can call the Trevor Project at 1-866-488-7386 or <https://www.thetrevorproject.org/get-help-now/> - this resource is designed to support young people 25 and under who reside in the USA.

United Kingdom:

- You can contact Stonewall's 'What's in My Area?' search box for LGBT-friendly mental health services: <https://www.stonewall.org.uk/help-advice/whats-my-area>.
- You can contact LGBT Ireland's helpline at 1890 929 539, or visit their 'Find Support in your Area' page for local helplines: <https://lgbt.ie/local-helplines>

Australia:

- You can contact QLife, an LGBTI peer-support service, at 1800 184 527 or <https://qlife.org.au>.

New Zealand:

- You can contact OUTLine, an LGBTIQ+ peer support service, at 0800 688 5463 or <https://outline.org.nz>.

Outside of Canada, the United States, the United Kingdom, Australia, or New Zealand:

- We encourage you to locate a mental health professional in your area or reach out to a distress centre/crisis call centre if you are in crisis.

- You can also use the online search engine <https://findahelpline.com/> , where you are prompted to enter your country are provided suggested local helplines. Keep in mind these resources are more for general distress and their staff may or may not be competent in transgender or gender diverse specific care.

Text-based informational resources:

- Regardless of your geographic location, if your distress isn't urgent and you are looking for additional resources to better support yourself and engage in self-care, you can also visit <https://translifeline.org/resource/self-care-emotional-support/>
- You can also visit their categorized resources library for more information on a variety of topics relating to transgender support. <https://translifeline.org/resources/>