

## FAQ for young people and families

### Is the RCH Gender Service still providing care?

Yes, the care we provide at the RCH Gender Service has not changed.

### Are you accepting new referrals?

The RCH Gender Service continues to accept new referrals for all children and young people who live in Victoria and are under the age of 16 years.

### I heard in the news about a review of treatment, what is this about?

The Federal Government has asked the National Health and Medical Research Council (NHMRC) to undertake a review of the current Australian Standards of Care and Treatment Guidelines for Trans and Gender Diverse Children and Adolescents in Australia (which were first developed by the RCH in 2018) and then to develop new national guidelines.

The NHMRC has a long history of developing guidelines related to health, and of supporting others to do so. NHMRC guidelines are intended to promote health, prevent harm, encourage best practice and reduce waste. They are developed by multidisciplinary committees that follow a rigorous evidence-based approach. NHMRC guidelines are based on a review of the available evidence, and follow transparent development and decision making processes. They are informed by the judgement of evidence by experts, and the views of consumers, community groups and other people affected by the guidelines.

The NHMRC anticipates the development of new guidelines will take around 3 years, with interim advice on the use of puberty blockers available mid-2026.

You can find more information about the review at: [National evidence-based guidelines for the care of trans and gender-diverse people under 18 | NHMRC](#)

### Why is the government reviewing the guidelines?

All clinical guidelines used in healthcare should be reviewed and updated regularly, to ensure they are reliable, based on the latest evidence and meet the needs of consumers. Having a transparent process for reviewing new research and updating the

guidelines will ensure trans and gender diverse young people across Australia continue to receive evidence-based healthcare.

### How are the guidelines being developed?

The NHMRC will bring together multidisciplinary advisory committees to review evidence, consult and engage with the public, develop recommendations and draft the guidelines. The government has committed to including those with lived experience alongside researchers and health experts in this process. The NHMRC will publish regular updates on progress, and if you have a specific enquiry you can [contact the guidelines team](#) for more information.

### Where can we get support?

We know this is a difficult time for trans and gender diverse children, young people, adults and their families. There are a range of supports available.

To speak to a [Lifeline](#) Crisis Supporter, phone 13 11 14

To speak to the [Kids Helpline](#), phone 1800 55 1800

To speak with an LGBTQIA+ peer counsellor:

- Connect through Switchboard, <https://www.switchboard.org.au/>
- [Rainbow Door](#) (10am to 5pm) 1800 729 367
- [Q life](#) (3pm to 12am) 1800 184 527

For parent and carer support, contact [Transcend Australia](#), <https://transcend.org.au/>