

Starting hormone therapy in BC

Some Two-Spirit, transgender and non-binary people may choose to access hormone therapy. This resource outlines the different ways to access hormone therapy in BC.

There are three main ways to access hormone therapy (listed in no particular order):

- Through a primary care provider
- Through an endocrinologist who will require a hormone readiness assessment from a provider in community
- In some places, trans-specific clinics or care providers may be available to support you

How you access hormone therapy will depend on where you live, your care providers, your age and other possible factors. Contact the **Trans Care BC Health Navigation Team** for more information.

Through a primary care provider:

If you already have a primary care provider (a family doctor (GP) or nurse practitioner (NP)) you can ask if they can provide gender-affirming care, such as starting hormone therapy. It can be challenging to speak with a care provider about gender-affirming or trans health care, and this resource may help you start these conversations: **Self advocacy in health care: Talking about gender-affirming care with your provider**

If your provider is willing to help but doesn't know where to start, they can contact **Trans Care BC** for more information and practice support. They can also access **clinical resources and supports** on the Trans Care BC website. For rapid access to a phone or email consult with an experienced clinician they can call the **RACE Line** or use **eCASE**. If your provider is not able to help you start hormone therapy, they can refer you to a care provider or clinic who can.

If you do not have a primary care provider, this resource may be of support: **Self advocacy in health care: Finding a gender-affirming primary care provider**

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Through an endocrinologist:

A primary care provider, such as your GP/NP (or a clinician at an in-person or virtual walk-in clinic) can refer you to an Endocrinologist (hormone specialist doctor). An endocrinologist will require a hormone readiness assessment from a provider in community—this is often a mental health provider. Most mental health providers are private-pay, but there are sometimes public (free) options for hormone readiness assessment in community. Contact the **Trans Care BC Health Navigation Team** for more information.

Before you start the assessment process, it is important to ask the endocrinologist which providers they accept hormone readiness assessment letters from. Either you or the provider can check with the endocrinologist's office before starting the readiness assessment.

Through a trans-specific clinic or care provider:

Depending on where you live, your age and other factors, you may be able to access a clinic or provider that provides trans-specific care. This is not required nor is it available in all regions of BC. Contact the **Trans Care BC Health Navigation Team** for more information.

Trans Care BC

Health Navigators are available to answer questions and connect you with gender-affirming health and wellness supports in BC.

Toll free: 1-866-999-1514

Tel: 604-675-3647 (outside of BC or unable to call a toll-free number)

Email: transcareteam@phsa.ca

Web: www.transcarebc.ca