



# WEBINAR RESOURCES: TRANS AND GENDER-DIVERSE YOUTH: APPROACHES TO SUPPORTING HEALTH AND WELLBEING

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## Resources

- **TransCare BC:** <http://www.phsa.ca/transcarebc/>
  - **Health Navigators** help providers and patients across BC: [transcareteam@phsa.ca](mailto:transcareteam@phsa.ca) or 1-866-999-1514
  - **Articles, Books & Movies** to support the gender health of children, young adults and families: <http://www.phsa.ca/transcarebc/child-youth/support-for-families/articles-books-movies>
- **The Hatchery** is a gender affirming care clinic in Kamloops who accept referrals throughout the Interior: phone 778-362-1952 or fax 833-333-1711
- **Dr. Sarah Autumn Trudeau:** [TheHatchery.sms@gmail.com](mailto:TheHatchery.sms@gmail.com)
- **Rapid Access to Consultative Expertise (RACE) Line** provide transgender care support and advice: <http://www.raceconnect.ca/>
- **Foundry BC** offers support for youth ages 12-24: <https://foundrybc.ca/>
- **Canadian Mental Health Association** offers a guide for parents whose children identify as transgender: <https://cmha-yr.on.ca/a-guide-for-parents-whose-children-identify-as-transgender/>
- **American Psychiatric Association.** What is Autism Spectrum Disorder? <https://www.psychiatry.org/patients-families/autism/what-is-autism-spectrum-disorder>
- Warrier, V, et al. 2020. Elevated rates of autism, other neurodevelopmental and psychiatric diagnoses, and autistic traits in transgender and gender-diverse individuals. Nature communications, 11(1), 3959. <https://doi.org/10.1038/s41467-020-17794-1>

- Gilmore, D, et al. 2022. Five Ways Providers Can Improve Mental Healthcare for Autistic Adults: A Review of Mental Healthcare Use, Barriers to Care, and Evidence-Based Recommendations. Current psychiatry reports, 24(10), 565-571. <https://doi.org/10.1007/s11920-022-01362-z>