

PRIMARY CARE PROVIDERS (PCPS)

WHO
Healthcare providers with general medical expertise, including family doctors, general practitioners, and nurse practitioners

WHERE
Walk-in clinics and primary care practices

WHAT
Non-emergency healthcare

Just Be Yourself



- Some PCPs are experienced in providing care that is gender affirming, including physical, mental, sexual, and reproductive healthcare.
- Some PCPs offer gender-affirming medical interventions, such as hormone therapy and gender-affirming surgery readiness assessments.
- PCPs without experience in gender-affirming medical care may refer patients to specialists.

SPECIALISTS

Just Be Yourself: A Health & Wellness Guide for Trans, Two-Spirit, & Nonbinary Youth



Community-based offices or hospital-based clinics, including gender clinics.

WHERE

WHO

Specialty healthcare, such as endocrinology (for puberty blockers and hormone therapy) and surgery (including plastic surgery, urology, gynecology).

WHAT

Healthcare providers with expertise in a particular area, including endocrinologists and plastic surgeons.

You need a referral from a PCP to see a specialist. After the PCP sends the referral, someone from the specialist's office or central waitlist will contact you or your PCP with appointments details.

HOW

FINDING HEALTHCARE PROVIDERS CONT.

Just Be Yourself: A Health & Wellness Guide for Trans, Two-Spirit, & Nonbinary Youth

HOW TO FIND A PCP

If you don't have a PCP and need non-emergency care now, you can visit a walk-in clinic.

to get matched with a PCP:

SEARCH ONLINE



"find a primary care provider in [your province/territory]"

Some provinces and territories have websites where you can join a waitlist for a PCP. Others have lists of providers who are accepting new patients that you can contact directly.



Contact TTNB groups for information about finding a gender-affirming PCP in your area.



FINDING EXPERIENCED GENDER-AFFIRMING PROVIDERS

To find out about a provider's expertise in providing gender-affirming care:



Call the provider's office and ask about their experience with gender-affirming care.



If you are looking for gender-affirming medical interventions, you can ask:



If the provider follows the WPATH Standards of Care (version 8)



What the process is to access hormone therapy or gender-affirming surgery

Ask TTNB community members about their experiences.



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