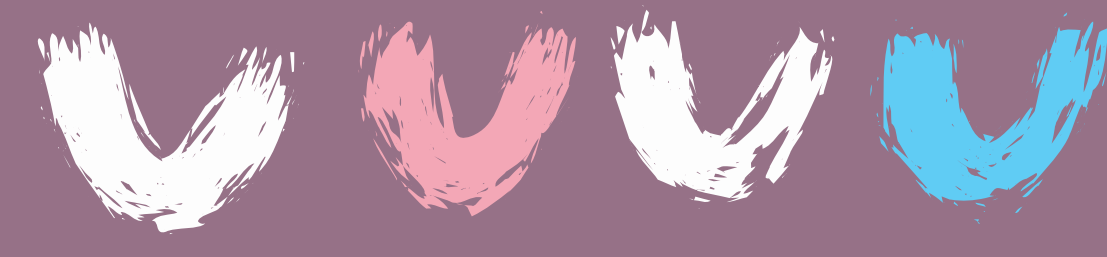


*"Doctor, could you please  
write me a referral letter to the  
Gender Identity Clinic  
at Prince of Wales Hospital?"*



Scan for GIC waiting time, private services and more info!

# Transgender Male/Transgender Female/Non-binary Person



Intends to receive gender-affirming healthcare  
(Any one service or more)

No intention for  
gender-affirming healthcare

## Psychiatry

Exploration of gender identity,  
mental health support

## Speech Therapy

Gender-affirming voice  
& communication

## Endocrinology

Gender-affirming hormones

## Occupational Therapy

Support of everyday activities ^

## Gender-affirming Healthcare

Urology, Plastic Surgery, Gynecology  
Various gender-affirming surgeries\*

## Clinical Psychology

Psychological support

Aged 18 & Above

Under 18

Gender Identity Clinic  
(GIC)

Private Services

\*GIC only offers the following surgeries:

Removal of the penis and testes, construction of a vagina,  
chest masculinization, removal of the uterus and ovaries, metoidioplasty, and phalloplasty.

^ Including fashion, makeup, mannerisms, etc.

# Gender-affirming Healthcare Services in Hong Kong



## 1. What is the Gender Identity Clinic (GIC)?

GIC is a multidisciplinary clinic offering gender-affirming healthcare to transgender and gender diverse individuals. According to the World Health Organization, gender-affirmative healthcare can include any single or combination of a number of social, psychological, behavioural or medical interventions designed to support and affirm an individual's gender identity.

Gender-affirming healthcare has been offered at public hospitals since 1980. In 2016, the one and only GIC was established at Prince of Wales Hospital in Shatin.

At GIC, a psychiatrist first understands the gender identity and mental health needs of a service user, offering support and follow up. According to one's needs, they will then be referred to corresponding services.

## 2. Who can write a referral letter to GIC?

Any doctor (including general practitioners and specialists) registered in Hong Kong, or any clinical psychologists of the Hospital Authority.

## 3. Who can be referred to GIC?

Anyone 18 years old or above, and intends for gender-affirming healthcare. Psychiatric or physical illnesses, if present, should not be a hindrance nor barrier to the referral. One's healthcare needs and arrangement will be followed up by GIC.





#### 4. What do I need for new case registration at GIC?

Please visit GIC in person, on 3/F, Li Ka Shing Specialist Outpatient Clinics (North Wing), Prince of Wales Hospital, with the following:

- Hong Kong identity card
- A referral letter issued within 3 months.

Please note that GIC's office hours are from Monday to Friday: 9AM to 1PM, then 2PM to 5PM. It is closed on Saturdays, Sundays, and public holidays. Please ensure to arrive at least 30 minutes prior to closure time for registration.

#### 5. What is a real life experience letter (RLE letter)?

RLE letter certifies one's gender identity and transgender identity, and that one is living in the gender they identify, as an important part of gender-affirming healthcare.


It is often useful in communication with schools, workplace, etc. regarding **gender-friendly arrangements**. Much like any other medical certificates, it is a formal legal document.

RLE letter is available in both **Chinese and English**. Please consult your doctor for details.

#### 6. Are there any **private doctors** offering gender-affirming healthcare services?

**Yes!** For visiting a private psychiatrist, one can directly book an appointment without any referral letters.

For visiting a private endocrinologist, a referral letter from a public or private psychiatrist (or proof of upcoming appointment at GIC endocrinology) is required.



At GIC,  
it takes at least **4 years\***  
to receive hormones!

\*Even if one has been followed up in private or overseas, one must first see a psychiatrist (waiting time: > 1 year), before being referred to an endocrinologist (waiting time: > 2.5 years. The time needed is more than 4 years as of September 2024.

## Example of a Referral Letter for a Transgender Woman



HKID: Y123456(7), Name: Chan Tai Man

Age: 18, DOB: 2006/03/31, Sex: M

Gender Identity Clinic, 3/F,  
Li Ka Shing Specialist Outpatient Clinics (North Wing),  
Prince of Wales Hospital,  
30-32 Ngan Shing Street,  
Shatin, New Territories,  
Hong Kong

Dear Consultant,

Thank you for seeing **Amy**.

I would like to refer **her** to the Gender Identity Clinic at Prince of Wales Hospital for **gender-affirming healthcare**.

She is now 18 years old. She has no known drug allergy. She is a non-smoker, non-drinker, with good past health.

**Amy is a transgender woman. Her gender identity is female.** She wishes to receive **gender-affirming hormones**.

She has no symptoms of depression or anxiety in the past 3 months. Her sleep and appetite are well. She reported no ideation of self-harm or suicide.

Thank you again for taking care of Amy.

Yours faithfully,  
Dr. Professional CHAN

## Dialogue Example

**Amy:** Doctor, could you please write me a referral letter to the **Gender Identity Clinic** at Prince of Wales Hospital?

**Doctor:** Sure, I'd be happy to help.  
May I ask what your **gender identity** is?

**Amy:** My gender identity is female.

**Doctor:** May I ask what your **pronouns** are, e.g. he, she, they?

**Amy:** My pronouns are she/her.

**Doctor:** Understood, and how may I **refer** to you?

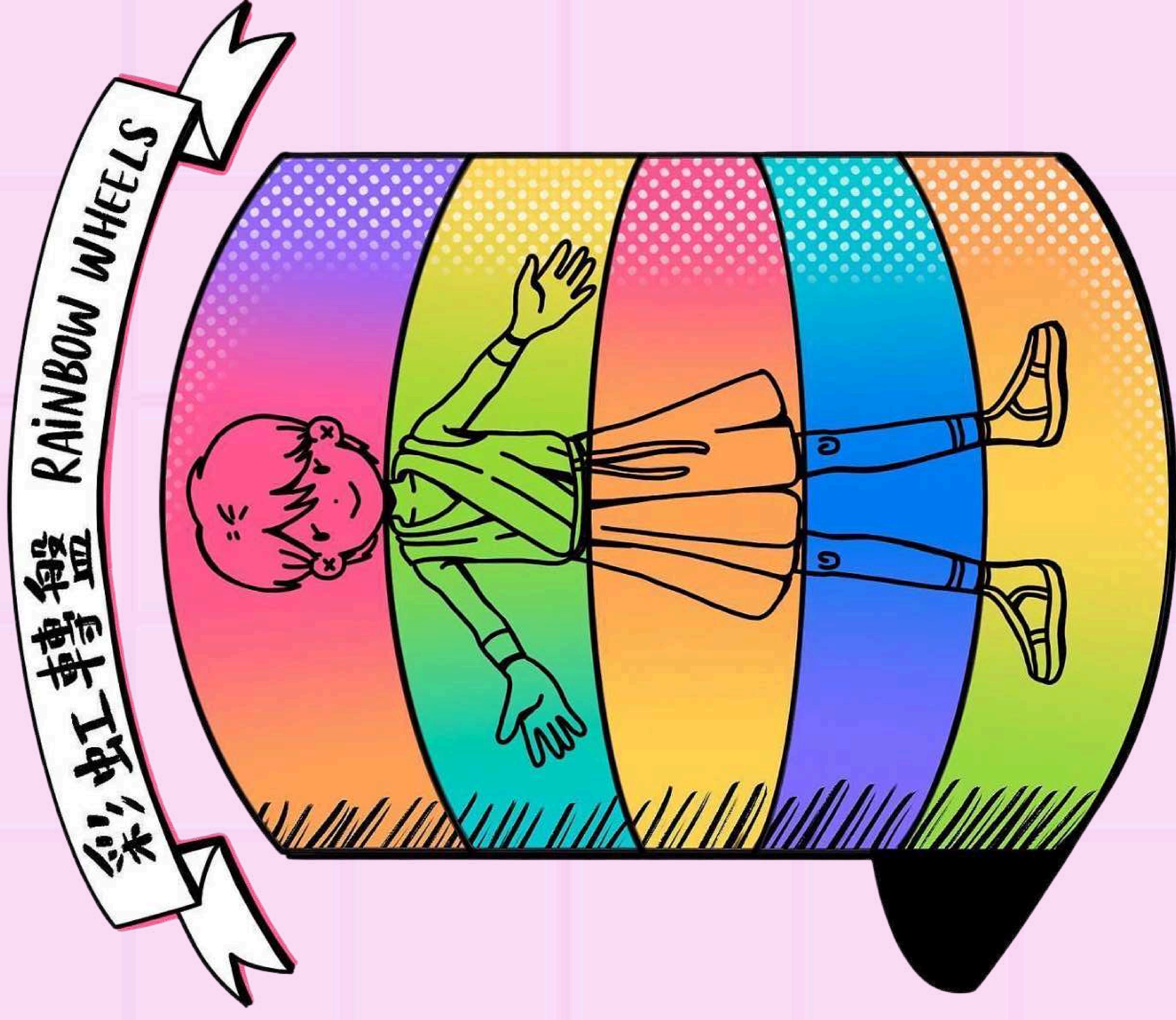
**Amy:** My name is Amy.

**Doctor:** Would you wish for any **gender affirming healthcare** services?  
For example, voice, hormones, surgeries?

**Amy:** I'd like to have hormones.

**Doctor:** Understood. I shall write a referral letter for you, and here's a **pamphlet** for more information.

**Amy:** Thank you, doctor.



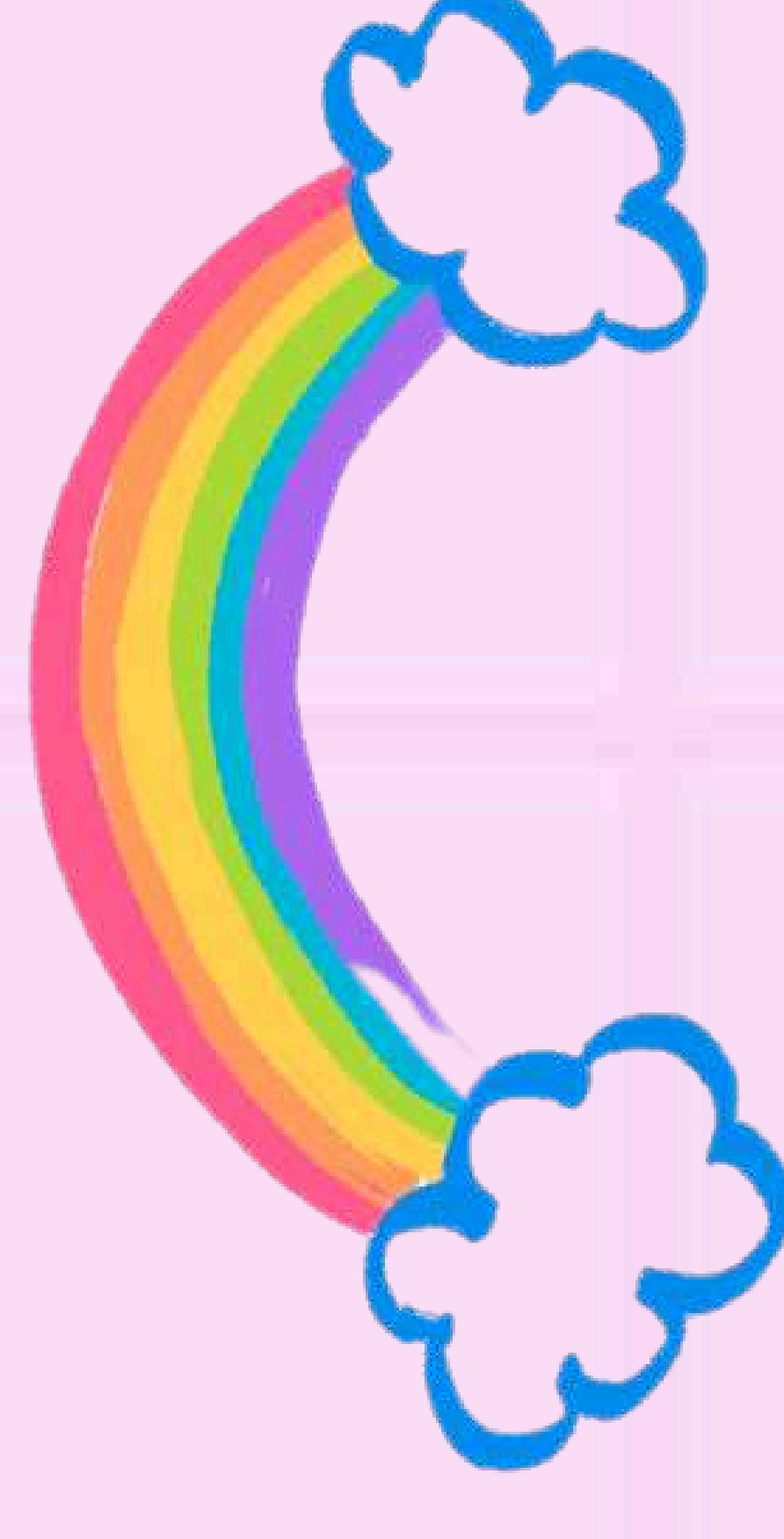
性別認同  
Gender Identity

性別表達  
Gender Expression

性別特徵  
Sexual Characteristics

性傾向  
Sexual Orientation

浪漫傾向  
Romantic Orientation

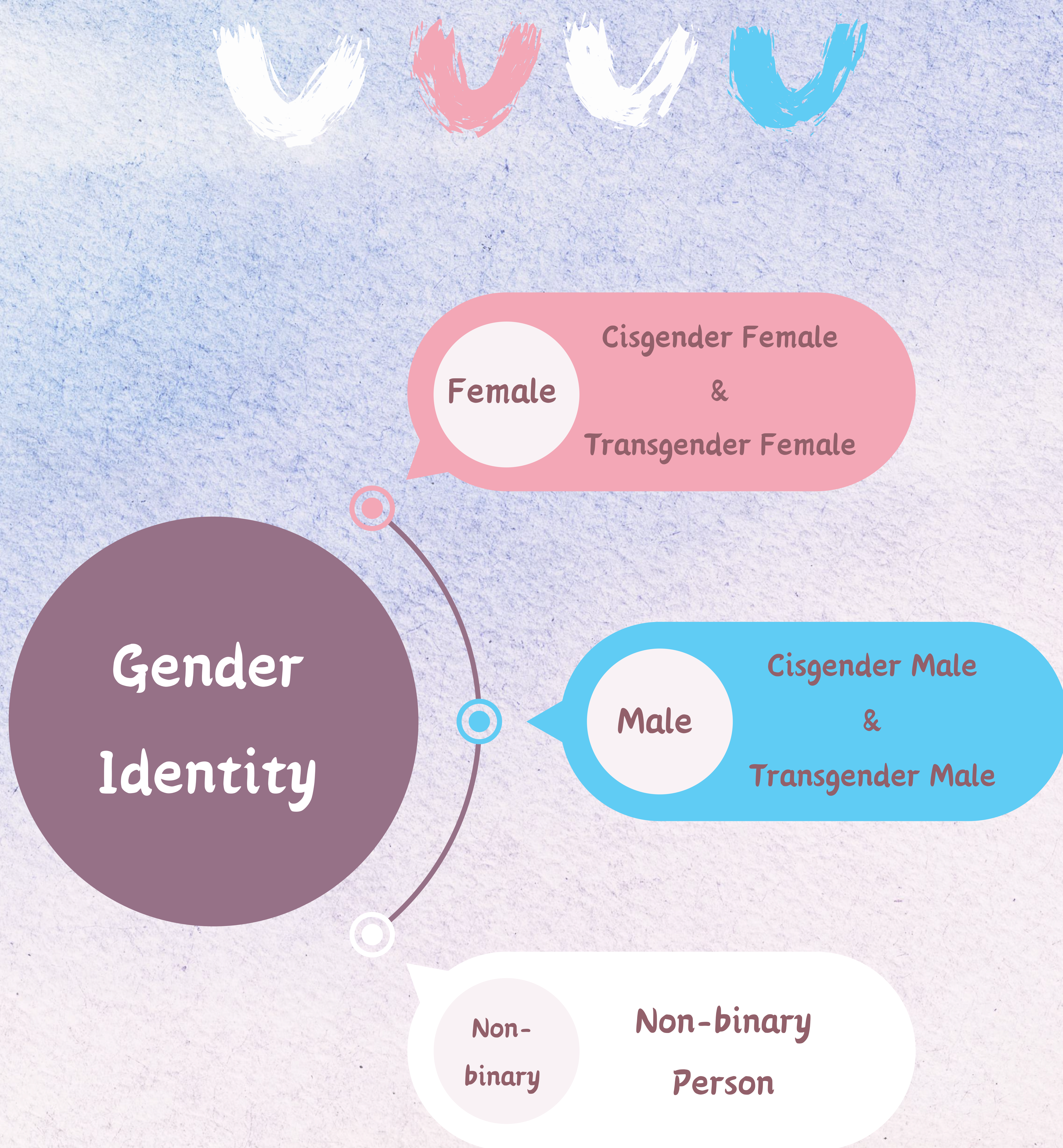


每人都是不同  
彩虹的組合!!

EVERYONE IS A  
COMBINATION OF  
RAINBOWS!!



# The Transgender and Gender Diverse Community



## 1. What is **gender identity**?

Everyone has their own gender identity. It is a person's innate sense, or self-understanding, of their gender. This may or may not be the same as one's assigned sex at birth.

## 2. What is **assigned sex at birth**?

Assigned sex at birth refers to the gender marker indicated on one's birth certificate, based on appearance or category of external genitalia (or other sexual characteristics). It can also be considered as society's expectation of gender identity based on one's assigned sex at birth.



### 3. What does **cisgender** mean?

Cisgender means one's gender identity is the same as that of society's expectations based on their assigned sex at birth.

### 4. What does **transgender** mean?

Transgender means one's gender identity is not the same as that of society's expectations based on their assigned sex at birth.

E.g. **transgender women** have a **female gender identity**, and were assigned **male at birth**, and vice versa for transgender men.

The transgender and gender diverse community also includes **non-binary people**, whose gender identity (e.g. **genderfluid**, **agender**, etc.) does not fall into the gender binary of male or female.

### 5. Does transgender refer to a certain sexual orientation?

**No!** Gender identity is independent of sexual orientation.

E.g. some transgender women are attracted to more than one gender, some transgender men are attracted to men, some non-binary individuals are attracted to women, and so forth.





6. Is being transgender defined by whether one receives gender-affirming healthcare?

**No!** One's gender identity, or being transgender, is not based upon receiving gender-affirming healthcare. Appropriate and medically necessary healthcare should be arranged according to one's needs.

7. Is being transgender a mental illness?

**No!** Being transgender and gender diverse are natural parts of human diversity, and are neither pathological nor negative. Depathologization efforts have been emphasized by the DSM-5\* published in 2013, and by the WHO, on their ICD-11^ endorsed in 2019.

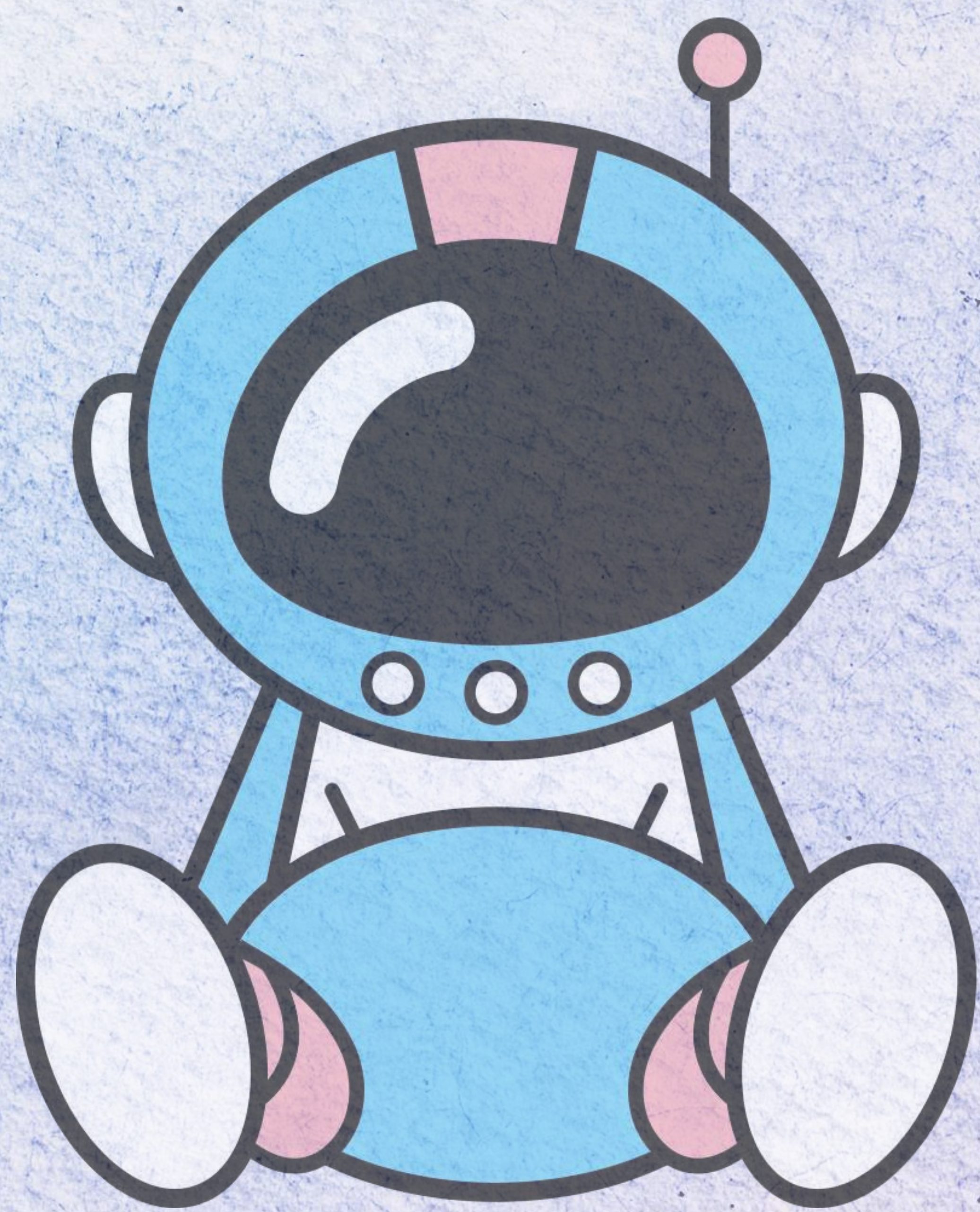
The pathologizing term "gender identity disorder" has been abolished. As of ICD-11, having a gender identity different from one's assigned sex at birth, is termed as gender incongruence, and included in the chapter "Conditions related to sexual health".

8. Are there any international clinical guidelines for gender-affirming healthcare?

**Yes!** Currently, the major international clinical guideline is the Standards of Care Version 8 (SOC 8), published by the World Professional Association for Transgender Health (WPATH) in 2022.

\*Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition

^International Classification of Diseases, Eleventh Revision



跨青時刻  
QUARKS

## Where Transgender Youth Thrive

Quarks (跨青時刻) is the first and by far the only registered organization in Hong Kong led by and targeting transgender and gender diverse youth. We are dedicated to connecting local transgender youth, and empowering them to thrive and realize their potential. We strive to promote our visibility to the general public, and collaborate with various sectors to build a society with diversity, equity, and inclusion.

Instagram & Facebook : [@quarkshk](#)

Email : [contact@quarkshk.org](mailto:contact@quarkshk.org)