CLÍNICA VIVALDI · FREE SHEET · GENDER DYSPHORIA

Gender dysphoria

Significant discomfort due to the difference between the gender the person feels and the one assigned at birth. It's not an identity disorder: what's being treated is discomfort.

COMMON SIGNS

- Distress with the body or the assigned role
- Wishing to be treated according to one's identity
- Anxiety or sadness due to rejection

TIPS FOR YOU

1. An environment that respects your identity protects your mental health
2. Look for experienced, respectful professionals
3. Psychological support if there is anxiety or depression

FOR FAMILY AND FRIENDS

1. Use their name and pronouns
2. Listen and support without judging

WHEN TO ASK FOR HELP

1. If there is anxiety, depression or thoughts of death: 024
2. If you are being harassed or rejected

TO OBSERVE AND NOTE DOWN

☐ I feel my gender doesn't match the one assigned at birth

☐ My body's characteristics make me uncomfortable

☐ I want to be treated according to the gender I feel

☐ I feel better when I express my identity

☐ I've felt this way for a long time

☐ I feel rejection or fear about telling people

☐ It makes me anxious or sad

☐ I find it hard to be myself in some area of my life

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/disforia-de-genero
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com