



Gender Identity

Most people's gender identity matches their anatomy. However, for some people this is not the case. Below are some resources that can be helpful in understanding those experiences as well as how to support those around you.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2dc65d95213e00126aada6>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/gender-identity/>



ACCESS Mental Health

Clinicians work over the telephone to help people navigate the addiction and mental health system. Access Mental Health is a non-urgent service.
Phone: 403-943-1500 (extension 1 for child and adolescent services)

<https://www.albertahealthservices.ca/services/page11443.aspx>



Trans Life Line

A hotline for transgendered individuals in crisis.

<https://translifeline.org/>



Kids Help Phone

The Kids Help Phone has articles about different health questions kids might have including anxiety. Kids and teens can always chat with a Crisis Responder 24/7 by texting CONNECT to 686868 or by phoning 1-800-668-6868.

<https://kidshelpphone.ca/>



Calgary Distress Centre

General crisis line available via phone, text, or online, 24 hours a day, 7 days a week. Phone or Text: 403-266-4357

<https://distresscentre.com/>



MyHealth.Alberta

MyHealth.Alberta is provided by the Government of Alberta and Alberta Health Services. Search for “gender identity” to find related articles.

<https://myhealth.alberta.ca/>



Alberta Health Services—LGBTQ+ / Sexual and Gender Diversity

Learn about how AHS works to create a safe and welcoming healthcare environment for sexual and gender minority (LGBTQ+) people on this page.

<https://www.albertahealthservices.ca/dvi/Page15590.aspx>

Government of Alberta Gay-Straight Alliances (GSAs)

The Alberta Government created this page to provide information on GSAs/QSAs, explaining why they are important and the role of these alliances.

<https://www.alberta.ca/gay-straight-alliances>



Gender Creative Kids

This website provides resources to support those youth who are transgender, gender diverse, as well as their families.

<https://gendercreativekids.com/>

Families in Transition— A Resource Guide for Parents of Trans Youth

This resource is the first comprehensive Canadian publication to address the needs of parents and families supporting their trans children.

<https://www.rainbowhealthontario.ca/resource-library/families-in-transition-a-resource-guide-for-parents-of-trans-youth/>



VIDEO—Norman Spack: How I help transgender teens become who they want to be

Dr. Spack from the Boston Children’s Hospital talks about the differences between sex and gender.

https://www.ted.com/talks/norman_spack_how_i_help_transgender_teens_become_who_they_want_to_be

Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children’s Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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