

Reach out to us

The Gender Wellbeing Clinic is based in Mtarfa and has been successfully operating as of November 2018. It offers specialised services which cater for trans, intersex and genderqueer individuals.

A referral can be made to the clinic by contacting your family doctor/GP, psychologist/counsellor or a social worker of your trust. The referral form can be accessed through the Ministry for Health's online portal.

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transform



GOVERNMENT OF MALTA
MINISTRY FOR EQUALITY,
RESEARCH AND INNOVATION



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
AND MINISTRY FOR HEALTH



ILGA
EUROPE
Equality for everyone, regardless of
sex and sexual orientation
or gender identity



Some facts:



The Gender Wellbeing Clinic received around 180 referrals in its first 24 months of service provision.

In the 5 years since the Gender Identity, Gender Expression and Sex Characteristics Act came into force, more than 120 persons sought legal gender recognition.



According to the EU LGBTI Survey II, 36% of trans persons report having undergone interventions to change their body so it better matches their gender identity.

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LIVE IT OUT

Health Services for
Trans and Gender Queer
Communities



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and Citizenship (REC) Programme
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Introduction

Transgender inclusive health care can profoundly increase quality of life for transgender persons. Malta has adapted its legislation to provide the possibility of free healthcare to cater for the specific needs related to gender identity, gender expression and sex characteristics.

These services are provided by a core multidisciplinary clinical team established to care for the needs of transgender persons. This is composed of existing clinicians working within the public health services from each of the following medical specialties: endocrinology, urology, gynaecology, plastic surgery and psychiatry, together with psychologists, social workers, family therapists, speech language pathologists and a nurse coordinator.

Specialised services are provided on an outpatient basis through the Gender Wellbeing Clinic.

What are the services offered?

The services provided by the Gender Wellbeing Clinic on the National Health Service to date include:

Psycho-social Support; Family Support; Specialist Endocrinological care (adult & paediatric), Specialist Psychiatric support; Voice Therapy; Specialist Gynaecological Support and Urological Support; Specialised gynae clinics for trans men are also organised in the ambit of this clinic to provide access to the users to gender-specific screening services. Preservation of Gametes is also possible through the ART Clinic at Mater Dei.

Surgeries currently available include orchiectomy; hysterectomy and fertility treatment.

Not currently covered are: vaginoplasty; phalloplasty; facial feminisation surgery and hair removal.



Evaluation and psychosocial support

Upon referral to the clinic by a family doctor/GP, social worker or psychologist, using a specific referral form that may be accessed on the health website, a meeting is scheduled with the trans person. The purpose of this is to gather a relevant medical history and identify the needs and expectations of the individual. A care pathway is mapped out by the multidisciplinary team together with the trans person.

The clinic follows the World Professional Association for Transgender Health (WPATH) standards adapted to Malta's legal framework and an approach based on informed consent to care.

Psychosocial support is a key component and is made available all throughout the transitioning process. This support is also available to family members and significant others. While not everyone may feel the need for mental health support, some may find this helpful.



Hormone therapy

Many trans persons seek to align their physical appearance with their gender identity and for some this will include hormone therapy. Hormonal treatment is available free of charge on the National Formulary (Schedule V). The Gender Wellbeing Clinic offers hormone treatment, with periodic follow-ups with the endocrinologist to keep the person's health in check.

Gender identity of children and adolescents may sometimes be fluid. In the case of minors (15 and under), puberty blockers may be prescribed in consultation with the paediatric endocrinologist. The effects of such treatment is generally reversible and allows time for the adolescent to serenely explore one's gender identity without the additional discomfort a pubertal body may cause.

Surgical procedures available in Malta

The removal of the uterus and ovaries in trans men and the removal of the testicles in trans women can be seen as complementary to hormonal treatment as they remove the source of gendered hormones. Given the irreversible nature of most surgical procedures, the clinical team will ensure that the person seeking treatment is in a position to provide informed consent.

The multidisciplinary team will evaluate all cases on an individual basis. The team will highlight the benefits but also limitations and complications that might arise from such surgeries so that the person may be able to make an informed decision.

Communication therapy

The Gender Wellbeing Clinic offers the services of a speech and language pathologist who can assist the clients during voice training to develop certain vocal characteristics and non-verbal patterns which support their gender identity. This helps individuals to better integrate in society.

