



## COUNSELLING

We are here for you on site, and also over the phone or video. Sessions are available in German, English, Spanish or with appointed interpreters in other languages.

## INFORMATION AND ADVICE

**Inter\*Trans\*Beratung Queer Leben**

Hermannstr. 256-258

12049 Berlin

Phone (030) 44 66 88-114

[www.queer-leben.de](http://www.queer-leben.de)

[beratung@queer-leben.de](mailto:beratung@queer-leben.de)

Telephone consultation hours: Fridays 1-3 pm,  
(030) 44 66 88-146

inter\*  
trans\*  
beratung  
*QUEER LEBEN*

ENGLISH



## THE TEAM

Our consultants are all trans, inter or non-binary themselves. In addition to our expertise in social, legal and medical matters we also provide our biographical experience to help with your concerns.



This flyer was printed on recycled paper made from 100% waste paper.

A project by



**SCHWULEN  
BERATUNG  
BERLIN**

Supported by



Senatsverwaltung  
für Bildung, Jugend  
und Familie



Senatsverwaltung  
für Justiz, Vielfalt  
und Antidiskriminierung

ADVISING ON ALL  
QUESTIONS ABOUT  
GENDER AND GENDER  
IDENTITY



## WE ACCOMPANY YOU

The Inter\*Trans\*Beratung offers counselling and support for people who identify as trans, inter or non-binary or who are questioning their gender identity. Our advice and support is available for people of all ages, their families and people who work in the field.

We know about the many social, legal and medical hurdles on the way to a self-determined life from our professional and personal experience. Here you will find a place where you are accepted and where you can clarify your questions and needs, express insecurities, and share fears. We aim to give you the time and place to consider, develop and examine your identity as a trans, intersex or non-binary person. We offer you a safe space where no topics are taboo and you are respected for who you are.

## YOUR TOPICS

We advise on all questions relating to social, legal and medical transition. We also provide counselling on intersex issues with or without prior medical documents and diagnoses.

- Gender, sexual identity and physical diversity
- Coming out to family, friends, school and work
- Partnership, parenthood, family and educational issues
- Changes of name and civil status according to the Civil Status Act (PStG) and the Transsexual Act (TSG)
- Gender reassignment medical treatments such as hormone replacement therapy (HRT)
- Gender-assigning interventions on intersex people and dealing with diagnoses
- Detransition
- Loneliness, isolation, personal crises and stress
- Exclusion, bullying and experiences of violence
- Community networking.

## OUR SERVICES

- Counselling sessions with up to ten appointments
- Accompanying guidance on personal, family, legal and medical processes
- Information on psychotherapists, lawyers, doctors
- Networking with other service providers at Schwulenberatung Berlin, such as the anti-discrimination unit, addiction counselling or assisted living
- Hormone treatment: referral letter based on anamnesis with informed consent.

Our services are also aimed at parents, relatives and partners of trans, intersex and non-binary people as well as specialists from the school and education sector, social affairs, medicine/psychology and others.

