

What's it like to be trans in the UK? - Sources

This document contains the sources for our [post](#) on what it's like to be trans in the UK in 2021.

The process for trans people to legally change their gender

<https://www.gires.org.uk/obtaining-your-gender-recognition-certificate/>

2020 European Commission Report

https://ec.europa.eu/info/files/lgbti-study-transgender-people_en

Gender Identity Clinic wait time 3+ years

<https://gic.nhs.uk/appointments/waiting-times/>

Non-binary people are not legally recognised (this link is specifically for Scotland but applies to the whole of the UK)

<https://equalrecognition.scot/non-binary/>

Statistics

66% of trans people suffer from depression

12% of trans people attempted to take their own lives in 2018

<https://www.stonewall.org.uk/lgbt-britain-health> (Stonewall's LGBT in Britain report)

25% of trans people have been discriminated against when looking for housing

48% of trans people do not feel comfortable using public toilets

50% have hidden their gender identity at work in fear of being discriminated against

https://www.stonewall.org.uk/system/files/lgbt_in_britain_-_trans_report_final.pdf

(Stonewall LGBT in Britain - Trans Report)

1 in 3 UK employers say they wouldn't hire a trans person

<https://www.crosslandsolicitors.com/site/hr-hub/transgender-discrimination-in-UK-workplaces>

A trans woman was granted asylum in New Zealand after fleeing from transphobia in the UK

<https://www.theguardian.com/world/2017/oct/12/british-transgender-woman-given-residency-in-safer-new-zealand>

8% of trans people report having a kidney or urinary tract infection, or another kidney-related medical issue, from avoiding restrooms in the last year (US based research)

<https://www.vox.com/2016/7/12/12161210/transgender-bathroom-survey>

How can I be a better trans ally?

We hope that after reading our original [post](#) and these sources, you are now aware of the bleak reality for trans people in the UK. If you are wondering how to be a better trans ally, educating yourself is very powerful.

You can read our posts on instagram [@blacktransfoundation](#) and also watch this list of documentaries that we have compiled [here](#).

The most instantly effective thing you can do is donate to trans orgs and fundraisers. Please consider donating to this fundraiser below:

Q's fundraiser - help fund a Black trans activist's top surgery

https://www.gofundme.com/f/help-fund-a-black-trans-activists-top-surgery?utm_source=customer&utm_medium=copy_link_all&utm_campaign=p_cp+share-sheet

You can also follow accounts on instagram such as [@pinkmantaray](#) and [@alokvmenon](#). Check out the rest of the accounts we recommend in the original [post](#)!

