

ACCESSING HRT IN 2025



LET'S TALK HTR...

If you are considering **hormone replacement therapy (HRT)**, this guide provides clear and essential information. Given the current political landscape, being well-informed is crucial.



How to Get HRT



1. Informed Consent Clinics

(NO THERAPIST NOTE REQUIRED)

✓ **What it is:** These clinics allow individuals to make their own medical decisions. They operate on the belief that people know what is right for their bodies.

THE PROCESS:

- Meet with a provider to discuss goals and medical history
- Learn about effects, risks, and benefits
- Receive a basic health check and lab tests
- Sign a consent form and begin HRT
- Attend regular check-ins to monitor progress

WHY THIS OPTION WORKS

WELL:

- Provides faster access compared to traditional models
- Respects personal autonomy without unnecessary gatekeeping

WHERE TO FIND PROVIDERS:

- Planned Parenthood offers HRT at many locations. Check availability at www.plannedparenthood.org
- **Health Centers specializing in gender care** can be found through online resources
- **Clinics focused on hormone therapy** may be available in your area with a quick online search

2. Traditional (Therapeutic) Model

(THERAPIST LETTER REQUIRED)

✓ **What it is:** This method requires a therapist's approval before HRT can begin. It includes additional steps but may be necessary in some cases.

THE PROCESS:

- Attend therapy sessions to discuss identity and readiness
- If approved, obtain a letter of recommendation
- Undergo a medical evaluation before HRT is prescribed

WHY THIS ROUTE MAY BE NEEDED:

- Some insurance plans require a therapist letter for coverage
- Some doctors require additional support before prescribing HRT

WHERE TO FIND PROVIDERS:

- Therapists specializing in gender care can be found on Psychology Today or WPATH's provider directory at www.wpath.org
- **Endocrinologists** may require a therapist letter before prescribing HRT

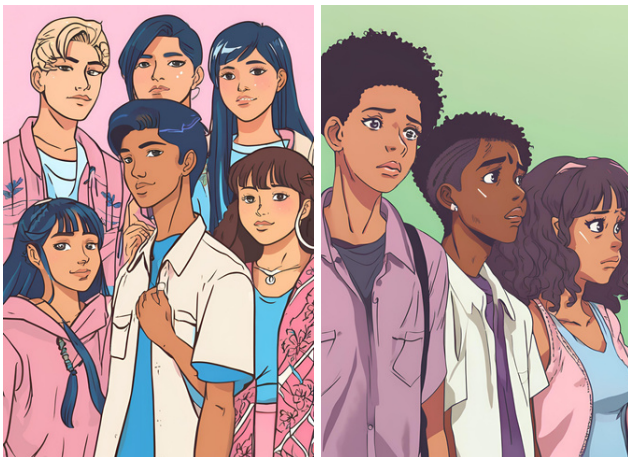


HRT for Minors (extra complicated)



👁️ Important Consideration:

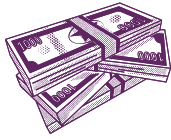
Laws regarding HRT access for minors vary. Some states & the federal govt are enacting restrictions, so it is important to stay informed.



WHAT TO EXPECT:

- **Assessment:** A mental health professional must evaluate readiness for treatment
- **Puberty blockers:** These medications pause puberty and allow more time for personal exploration
- **Hormone therapy:** Often begins in mid-adolescence following blockers or thorough evaluation
- **Parental consent:** Required in most states, though laws continue to change

⚠️ **Political reality check:** The government is attempting to restrict access to this care. Check local laws and seek support from organizations like **Transgender Law Center, Lambda Legal, and NCTE.**



Financial Barriers



Cost of Care:

- Gender-affirming procedures and treatments can be costly, and not all services are covered by insurance.
- **Affording care:** Some LGBTQ+ organizations and foundations offer grants or financial assistance programs.

Travel Costs:

- Access to gender-affirming care may require travel, leading to expenses for transportation, lodging, and time off from work or school.

Potential Roadblocks & Solutions

State Laws:

Some states protect access to HRT, while others impose restrictions. The federal government aims to abolish HRT. Staying informed and advocating for rights is crucial.

INSURANCE BARRIERS:

- Some plans **deny coverage**, but appeals are an option
- Financial assistance may be available through organizations supporting access to care

DISCRIMINATION IN HEALTHCARE:

- **Seek affirming providers** by asking for recommendations and checking reviews
- **Report discrimination** to the appropriate authorities



Finding an Affirming Provider

- Ask others who have sought HRT for recommendations
- Check directories such as WPATH and health advocacy organizations
- Read reviews and trust personal instincts
- Ask providers about their experience with HRT before starting treatment

Final Thoughts: Self-Advocacy Matters



Living authentically is worth it, and getting the healthcare you need should never be up for debate. The system can be a mess sometimes, but HRT is essential care, and you have the right to access it without extra hoops to jump through, unfair judgment, or endless delays.

No one should have to struggle just to get medical treatment that helps them feel at home in their own body. Unfortunately, outdated rules, insurance headaches, and clueless providers can make the process harder than it should be. If you hit roadblocks, remember that you're not in this alone. There are resources, advocacy groups, and communities that have your back.

Some states along with the federal government are proposing laws that could punish healthcare providers for offering gender affirming care -- or even for signing a letter approving you.

Stay informed, keep pushing, and don't hesitate to speak up for yourself.

Whether that means fighting insurance companies, fighting the government, finding a better provider, or reaching out for legal help, YOU matter. This matters.

We are out there, and we are here for you.

You exist.

Keep going. You deserve care that respects and supports you.

