TGEU
Transgender Europe
www.tgeu.org

TRANS RIGHTS EUROPE & CENTRAL ASIA MAP 2019

36 countries in Europe and Central Asia require a mental health diagnosis in legal gender recognition.

The Trans Rights Map & Index

The 2019 Trans Rights Europe & Central Asia Map highlights the forced sterilisation of transgender persons and the requirement for a mental health diagnosis in gender recognition procedures in Europe and Central Asia. The Trans Rights Europe & Central Asia Index provides detailed country information in 29 legal categories, such as legal gender recognition, asylum, bias speech/ violence, non-discrimination, health and family. The Trans Rights Europe & Central Asia Map & Index do not claim to exhaustively re¬flect the complex social situations that trans people face throughout the investigated region.

Mental Health Diagnosis Requirement

33 countries in Europe require a mental health diagnosis before adapting identity documents. Such a requirement violates the right of every person to self-determine their gender identity. A mandatory diagnosis further drives stigma, exclusion and discrimination as it relies on the false notion that being trans is a (mental) illness. In fact, no gender identity is disordered.

The World Health Organisation (WHO) proposes to stop categorising gender identities as mental illnesses in the International Classi cation of Diseases (ICD-11). The World Professional Association for Transgender Health (WPATH) advises against any mandatory mental health treatment or diagnosis in legal gender recognition.

Self Determination

States should base legal gender recognition procedures solely on the self-determination of the person. TGEU's Trans Rights Map marks states in red where a mental health diagnosis is required in gender recognition procedures. "Blue" states have established procedures and do not request a mental health diagnosis. "Gray" states do not oer any reliable procedures.

Learn more about legal gender recognition and what you can do:
tgeu.org/issues/legal-gender-recognition/

The Trans Rights Europe Map & Index has been developed in cooperation with ILGA-Europe.

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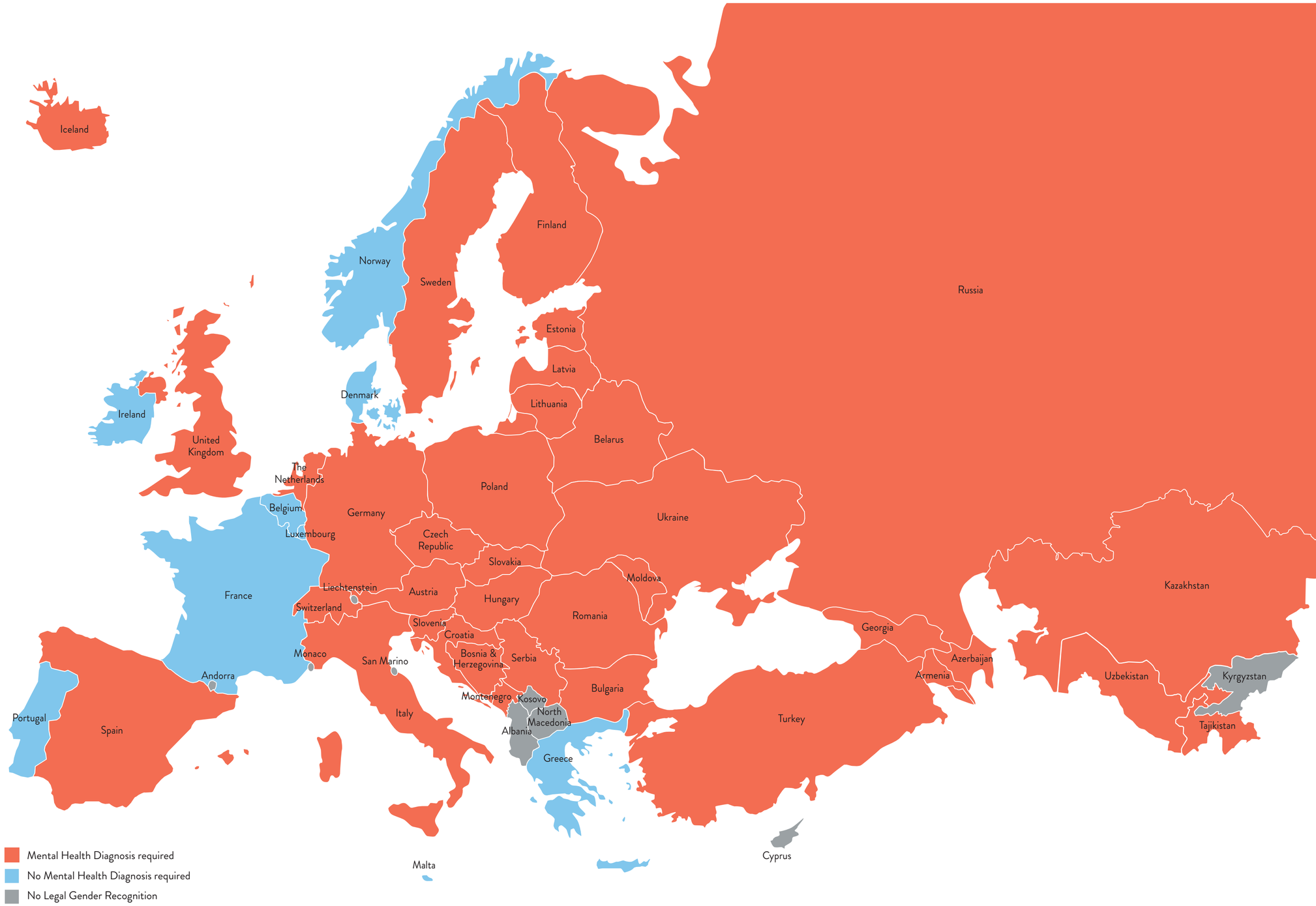
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