

## “I Need Depath Because...”

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For World Health Day 2018, trans people told us why depathologisation (depath) matters to them.

**“I felt questioned and challenged.** For almost two years I had to constantly give proof about my gender in front of total strangers.” *Trans female, 47, Germany*

“I didn’t even go to the gender identity clinic, I knew I wouldn’t pass their tests... genderqueer, no classic childhood trans stories, and not even sure if I wanted to medically transition. **Why did I have to lie to be myself?**” *Trans masculine genderqueer person, 27, Spain*

**“The requirement to be officially diagnosed has made me so scared** about accessing hormones, mental health support, speech therapy, or any other service that could greatly contribute towards improving the quality of my life.” *Non-binary person, 26, United Kingdom*

“The psychiatric nurse asked me questions about what I wanted; I was honest. Because I didn’t give the gold star transgender answers of liking blue and playing with trucks as a kid, **she questioned whether I really wanted to be a man.**” *Trans man, 29, Norway*

What’s more, in TGEU’s Survey, published last year: Overdiagnosed but Underserved, Trans Healthcare in Georgia, Poland, Serbia, Spain, and Sweden, 88% of healthcare providers agree that being trans is not a psychiatric disorder.

### Share graphics

Use the hashtag #INeedDepathBecause to add your voice to the on-going campaign for depathologisation. Follow the conversation on World Health Day on Twitter: [#WorldHealthDay](#) [#HealthForAll](#)

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## Other resources

<https://tgeu.org/world-health-day-2018/embed/#?secret=7KY29QfFRY>

<https://tgeu.org/how-being-pathologised-impacts-our-lives-trans-activists-talk-to-eu-institutions/embed/#?secret=4KZhNP0coU>

<https://tgeu.org/healthcare/embed/#?secret=m2xQVaOlhy>

<https://tgeu.org/statement-on-the-international-day-of-action-for-trans-depathologization-2017/embed/#?secret=XnLT4AjyyE>