

Northern Region Gender Dysphoria Service

The Northern Region Gender Dysphoria Service is for adults who feel confused, uncomfortable or distressed because their gender identity doesn't match the sex they were assigned at birth.

Some people using the service may:

- Identify as **transgender** or **non-binary**
- Want to explore their gender identity
- Be thinking about changing their body or appearance
- Need support with their **mental health or wellbeing**

one to one work, couple work and group support is available. A referral from a GP or local Psychiatrist is required.

Last updated: October 27, 2025

Telephone: 0191 287 6130

Website: <https://www.cntw.nhs.uk/services/northern-region-gender-dysphoria-service-specialist-service-walkergate-park/>

Email: NRGDS@ntw.nhs.uk

Address:

Benfield House
Walkergate Park
Benfield Road
Newcastle upon Tyne
NE6 4PF

Related Articles

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