Transcend Australia

Statement

17 November 2026

Transcend Australia
Thrive & Flourish

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Transcend Australia welcomes NHMRC advice on puberty suppression

Transcend Australia's position on the National Health and Medical Research Council's advice on puberty suppression

Transcend Australia welcomes advice from the National Health and Medical Research Council (NHMRC), Australia's peak authority for evidence-based health and medical guidance. The NHMRC released the advice on 16 November 2026 and is inviting public feedback until 1 pm AEDT on 18 January 2027.

The advice says puberty blockers can be considered for trans and gender diverse young people under 18 when clinically appropriate. The guidelines offer reassurance to families and healthcare professionals that puberty suppression remains an evidence-informed treatment option when clinically appropriate.

The NHMRC's guidelines say that puberty suppression should remain an option for young people. They affirm that decisions about treatment should be guided by the wellbeing of the young person, informed clinical assessment, and shared decision-making between young people, their families and healthcare professionals.

Importantly, the advice recognises that access to care should not depend on a young person first experiencing severe distress. Instead, it supports an approach that focuses on the young person's needs, wellbeing and informed choice. This is a positive step for trans and gender diverse young people and the families who love and support them.

Every young person deserves compassionate, respectful healthcare and a meaningful say in decisions about their care.

We know many families in our community have spent years advocating for their children to be heard, understood and supported. We welcome the NHMRC's focus on their wellbeing and informed choice.

The NHMRC expects to release the full guidelines for public consultation by early 2028.

Queensland families need access to care again

Queensland's ministerial direction prevents new patients under 18 years old from starting puberty blockers or gender affirming hormones for gender dysphoria in the public health system if they had not received treatment before 28 January 2025. Families waiting for care continue to experience distress and uncertainty.

The Queensland Government's own independent Vine Review outlined how a statewide public service could provide treatment with additional safeguards and monitoring. The NHMRC's interim advice gives the Queensland Government an opportunity to lift the restriction and restore access to clinically appropriate care through specialist public services.

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A young person's postcode should never determine their access to care. Clinical judgement should guide care for trans young people. Treatment decisions belong with young people, their families and their healthcare teams.

Read the advice and make a submission at consultations.nhmrc.gov.au/clinical-practice-guidelines/advice-puberty-suppressants.

Queensland parent, Alaia Kin (she/her, pseudonym):

> "Today's advice is incredibly validating for our family. It acknowledges what we've known all along: that our child deserves compassionate, evidence-based care and access to the same evidence-based healthcare as any other young person.
>
> But as a Queensland parent, there is still a lot of frustration; the national advice may have changed, but our child still can't access this care through the public health system. Until the Queensland Government lifts the ban, families like ours remain stuck in limbo because of a political decision."

Transcend CEO, Susanne Prosser (she/her):

> "For the families we support, this is a positive and hopeful development. These guidelines affirm that trans and gender diverse young people belong, that their wellbeing matters, and that healthcare decisions should be guided by evidence and clinical expertise.
>
> At its heart, this guidance affirms that decisions about healthcare should be made through careful clinical assessment, informed consent, and shared decision-making between young people, their families and their healthcare team."