



GENDER-AFFIRMING CARE RESOURCES IN FLORIDA



Access to gender-affirming care is essential for the health and well-being of transgender and non-binary individuals. Despite recent obstacles, Florida continues to offer a range of supportive services. This guide provides **information on the current state of the law in Florida for gender-affirming care, legal assistance options, crisis support services, and community resources available across the state.**

CURRENT STATE OF THE LAW IN FLORIDA AS OF OCTOBER 2025, AND SUBJECT TO CHANGE

TRANSGENDER MINORS

Transgender minors are categorically prohibited from receiving any new gender-affirming treatment, including sex reassignment procedures, puberty blockers, and hormone therapy, even with parental consent.

Exception: Transgender minors who began receiving gender-affirming care on or before May 17, 2023, may continue to do so.

- The state imposes certain additional requirements regardless of an individual's medical need, such as annual hand X-rays and bone density scans.
- Patients may only receive gender-affirming care from licensed physicians (M.D. or D.O.).
- Patients must also complete an annual mental health evaluation by a licensed psychologist or psychiatrist, Attend counseling sessions as recommended by their provider, have medical follow-ups with their treating provider every six months, and receive a suicide risk assessment every three months. Additionally, burdensome informed-consent forms must be signed in-person by the patient, their parent, and their treating provider.

TRANSGENDER ADULTS

- Transgender adults may only receive gender-affirming care from licensed physicians (M.D. or D.O.), including primary care doctors, endocrinologists, and OB/GYN's. This excludes nurse practitioners or physician assistants.
- Transgender adults must also sign burdensome informed-consent forms in-person prior to the prescription of gender-affirming care, which must also be signed by a witness and their treating provider. The extensive forms are full of inaccurate and misleading information intended to deter individuals from accessing care.
- Telehealth cannot be used to initiate gender-affirming care, as adults are required to sign consent forms in the physical presence of the physician providing care. However, once care has begun, telehealth may be used for prescription refills and ongoing care.

CURRENT STATE OF THE LAW IN FLORIDA (CONT.)

The statute and rules that impose the requirements listed on the first page were permanently enjoined by a federal court, but that order has been stayed by the Eleventh Circuit Court of Appeals while the state's appeal is being considered. Additionally, despite a federal court order striking down the Medicaid ban on treatments for gender dysphoria, Florida continues to deny transgender Florida Medicaid beneficiaries (adults and minors alike) coverage for their medically necessary care. That case is also on appeal at the Eleventh Circuit Court of Appeals.

FREQUENTLY ASKED QUESTIONS

Can I get gender-affirming care in Florida?

Yes, gender-affirming care (puberty blockers, hormones, and surgical procedures) is currently available for adults 18 years of age and older, and puberty blockers and hormones are available for minors if they initiated such care prior to May 17, 2023.

Where can I access gender-affirming care?

Currently, you can access gender-affirming care through licensed physicians (anyone who is an M.D. or a D.O.), such as endocrinologists, primary care doctors, and OB/GYN's. Care cannot be initiated through telehealth services. However, there are multiple LGBTQ+ health centers and private clinics across the state that offer in-person gender-affirming care, and they can subsequently offer telehealth services for ongoing care after your first appointment.

For minors who are unable to initiate care in Florida, or for adults unable to find a provider, transgender Floridians can seek gender-affirming care out of state in any state without a ban. There is no Florida law or prohibition against parents allowing their child to access medically necessary gender-affirming care out-of-state.

As a minor can I access gender-affirming care in Florida?

If you are a minor who hadn't already started gender-affirming care by May 17, 2023, you cannot begin treatment in Florida, even with parental consent. If you are currently receiving puberty blockers or hormones, or you started such care by May 17, 2023, you can continue to receive such care from a physician in Florida.

Does insurance cover gender-affirming care?

Coverage for gender-affirming care depends on your insurance plan. Florida Medicaid is currently required to cover certain treatments, including puberty blockers and hormone therapy, but not gender-affirming surgeries. Unfortunately, despite those requirements, the state of Florida's Medicaid program continues to deny coverage for gender-affirming care despite a federal court order striking down the discriminatory ban. This case is on appeal at the Eleventh Circuit Court of Appeals.

Private health insurers may be able to exclude coverage based on gender identity, but most plans, including Marketplace plans and employer-sponsored plans, should and do provide coverage for gender-affirming care. Check with your health insurance provider about what's covered and any documentation requirements. Any state employee who receives their health insurance through the state of Florida employee plans does not have coverage for gender-affirming care due to a categorical exclusion.

What about the recent Supreme Court decision; does that affect access to care in Florida?

The Supreme Court decision does not require states to ban care, and Florida has its own laws regarding gender-affirming care. To date, gender-affirming care is still available in the state under the conditions explained above.

While the Supreme Court decision in *United States v. Skrmetti* allows states to ban medically necessary care for transgender minors, the fight is not over. The ruling does not address transgender adults (18+), and many organizations, including the ACLU and its state affiliates, are pursuing alternative legal channels to protect transgender youth.

WHAT DO I DO NEXT?

- 1 Consult a provider, LGBTQ+ competent clinic, or trans-specific network for care options.
- 2 Check your insurance provider's gender-affirming care coverage guidelines/policies.
- 3 Stay informed about ongoing court cases, as well as legal and political advocacy.


REMEMBER:
*You are **not alone.***

If you're navigating gender-affirming care in Florida, **you have support, rights, and options.**

KEY RESOURCES

LEGAL SUPPORT

Southern Legal Counsel: Provides representation for transgender Floridians and primarily focuses on helping low-income individuals (and is currently litigating each of the cases challenging Florida's bans and restrictions on access to gender-affirming care and health insurance coverage for such care).

southernlegal.org

Trans Health Project: A network of attorneys capable of challenging exclusions and medical necessity denials.

transhealthproject.org

Trans Legal Service Network: Represents over 80 organizations across the country dedicated to providing legal name and gender marker change services or other legal services for people in their areas.

transequality.org/transgender-legal-services-network

GLAD Law Answers: Offers free and confidential legal information, assistance, and referrals.

gladlaw.org/know-your-rights/glad-law-answers

MEDICAL PROVIDERS

Planned Parenthood of Florida: Offers gender-affirming hormone therapy for transmasculine, transfeminine, non-binary, and gender diverse adults (18+) and can provide referrals for therapy.

plannedparenthood.org/planned-parenthood-florida/medical-services/gender-affirming-care

Queer Doc: A network of attorneys capable of challenging exclusions and medical necessity denials.
queerdoc.com/gender-affirming-medical-care-hrt

Spektrum Health: Provides quality comprehensive primary healthcare options for LGBTQ+ individuals.
spektrum.health

Queer Med: Offers options for gender-affirming care via telehealth.
queermed.com

CRISIS INTERVENTION

National Transgender Lifeline Crisis Line
877-565-8860
translifeline.org

The Trevor Project 24-Hour Telephone
866-488-7386
thetrevorproject.org