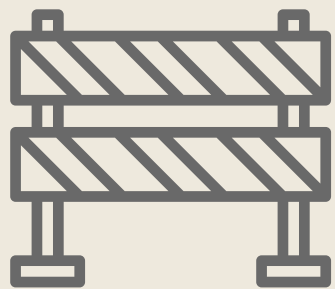
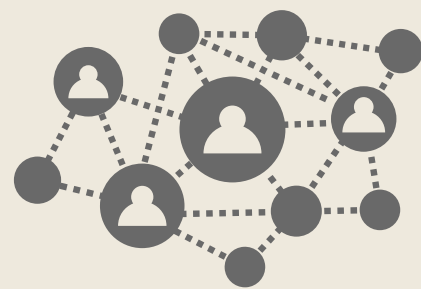


Interviews to Assess a Peer Health Navigator Service for People Who Are Transgender or Gender Diverse

This study evaluated a peer health navigator pilot program in which navigators with lived experience supported transgender and gender-diverse individuals. Results are based on interviews with 9 clients and 9 health care practitioners.



Navigators reduced structural barriers to affirming health care.



Navigators connected clients to affirming professionals and resources, and supported health care practitioners with accurate information.



The program positively impacted clients' mental health by filling gaps in psychosocial support and reducing stress while awaiting formal counseling.



Clients valued the navigators' shared lived experience, which fostered trust and understanding.

Source: Gulka E, Rose G, McCarron MC, et al. Interviews to assess a peer health navigator service for people who are transgender or gender diverse. *Ann Fam Med*. 2025;23:10.1370/afm.3191