



# USEFUL INFORMATION FOR TRANS ASYLUM SEEKERS, REFUGEES AND MIGRANTS IN LITHUANIA

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We understand that moving to a new country can bring many challenges, which can be even harder to navigate without having a community around and knowing where to seek support and help. This guide aims to serve as a resource for asylum seekers, refugees, and migrants who have arrived in Lithuania, helping them find the necessary information, identify organizations to turn to in difficult situations, and access legal, psychological, material, or other types of assistance.



### **In this guide you will find:**

- ✦ Information about accessing hormone replacement therapy in Lithuania;
- ✦ A list of non-governmental organizations offering various types of support to people arriving in Lithuania;
- ✦ Contacts of organizations that can help in cases of workplace misconduct, discrimination, domestic violence, etc.;
- ✦ A list of LGBTQ+ organizations and initiatives operating in Lithuania, that can help in finding community.



## Trans-specific services Access to Healthcare

In Lithuania, access to hormone replacement therapy (HRT) can be obtained either through the public healthcare system or privately. However, no other healthcare services required by transgender individuals, such as surgical procedures, are legally regulated in Lithuania.

A diagnosis of F64.0 is necessary to receive HRT in Lithuania. To access HRT through the public healthcare system, **it is recommended to first consult a general practitioner or a psychiatrist at an outpatient clinic** to get a referral to a tertiary care psychiatrist (it is important that the reason for referral specifies the exact diagnosis of F64.0). With the referral, it is possible to register for a psychiatrist consultation at Santaros Clinics in Vilnius or Kaunas Clinics. These hospitals provide healthcare services needed to access HRT, however, in theory it should be possible to access the HRT in other clinics, like Klaipėda or Šiauliai.

During the consultation, the psychiatrist collects information about the individual's family, life, and social background, assesses for mental health and behavioral disorders (differential diagnosis is applied, meaning mental health challenges may delay receiving a diagnosis), and may refer the individual to a geneticist for further consultation. Receiving the diagnosis typically takes one to several visits.

Once the diagnosis is made and with the individual's consent, the psychiatrist refers them to **a specialist council**. This council is composed of at least four physicians, including at least one psychiatrist, one endocrinologist, and one obstetrician-gynecologist and/or urologist.

## The council reviews the individual's transition needs and expectations and prepares a "comprehensive treatment and monitoring plan," which includes the prescription of hormone therapy.



When accessing services through the public healthcare system, visits to doctors and related tests (e.g., endocrinological tests) are free of charge for all insured persons. However, individuals must pay for the medications themselves. Access to public healthcare services in Lithuania is available to all individuals with residence permits in the country (including those with refugee or subsidiary protection status). Unfortunately, this access is not available to asylum seekers, individuals whose asylum applications have been rejected, and irregular migrants.



These services are available only to unmarried adults



Healthcare institutions are not required to provide interpretation services. Therefore, when booking an appointment with a doctor, it is recommended to contact the medical institution's administration to inquire whether the doctor speaks a language you understand. Such information can sometimes also be found online. During the doctor's visit, you can use translation apps (e.g., Google Translate) if needed. You can also seek assistance with interpretation from the non-governmental organizations listed below.

For information on how to access hormone therapy privately or trans friendly doctors working in public clinics, feel free to contact us via email at [transautonomija@gmail.com](mailto:transautonomija@gmail.com).

## Access to Document Change

Lithuania has not adopted a legal framework for legal gender recognition. Therefore, transgender individuals must apply to the court to change their name, surname, gender marker, and personal identification number in official documents (in Lithuania, the first digit of the personal identification number indicates the sex assigned at birth).

To Trans Autonomija's knowledge, there have not yet been cases in Lithuania where foreign citizens residing in the country have attempted to change their documents. Currently, Trans Autonomija is working to determine the practical possibilities for document changes for foreign nationals. This publication will be updated as soon as more information becomes available.



## Non-governmental Organizations

Below is a list of non-governmental organizations providing legal, social, psychological, material, and humanitarian assistance to individuals arriving in Lithuania.

### Sienos Grupė

Services provided by the organization:

- ✦ Humanitarian assistance for asylum seekers who have crossed the border irregularly;
- ✦ Food vouchers available upon completing an online form on the organization's website;
- ✦ Open spaces for migrants, asylum seekers, and refugees;
- ✦ Social support for individuals who have been denied asylum;
- ✦ Legal assistance for foreigners in complex situations who have come to seek asylum

More information: <https://sienosgrupe.org/en>

✉ [info@sienosgrupe.com](mailto:info@sienosgrupe.com)

☎ +37060871204 (Whatsapp, Signal)

🗣️ LT, EN, if needed, the organization can utilize a network of interpreters.

## Lithuanian Red Cross

Services provided by the organization:

- ✦ Individual psychological consultations for adults and children;
- ✦ Group psychoeducational sessions for adults and children;
- ✦ Assistance in restoring family connections (locating missing family members);
- ✦ Legal consultations on asylum and migration issues;
- ✦ Advice on housing, healthcare, social benefits, residence registration, and educational institutions; employment consultations;
- ✦ Remote cultural orientation courses;
- ✦ Lithuanian language clubs and community events;
- ✦ Assistance with homework for foreign children at Lithuanian Red Cross branches.

More information: <https://redcross.lt/en111/>

✉ [info@redcross.lt](mailto:info@redcross.lt)

☎ 111

💬 LT, EN, RU. Additionally, services are adapted to each individual's needs (an interpreter is invited if necessary).

## Lithuanian Caritas

Services provided by the organization:

- ✦ Services for children and families (Children's Day Centers);
- ✦ Visiting and assisting elderly, lonely, or individuals with disability with household tasks, cooking, personal hygiene, and cleanliness;
- ✦ Mediation with the state on issues such as housing, employment, education, and other needs;
- ✦ In Vilnius, assistance for foreigners learning Lithuanian and seeking broader social integration through community evenings;
- ✦ Support for victims of violence and human trafficking;
- ✦ Assistance for individuals released from prison and their families (in Vilnius and Kaunas);
- ✦ Soup kitchens in Vilnius, Kaunas, Rukla, Telšiai, Tauragė, Kazlų Rūda, and Marijampolė, providing hot meals, tea, and snacks; food assistance is provided based on the capabilities of the local Caritas branch;
- ✦ Support for those experiencing homelessness in Vilnius, Kaunas, Telšiai, and Marijampolė;
- ✦ Assistance with clothing and essential items;
- ✦ Help with developing job skills.

More information: <https://www.caritas.lt/>

✉ [caritas@caritas.lt](mailto:caritas@caritas.lt)

☎ +370 (37) 20 54 27

💬 Mostly in LT but possible to communicate in other languages

## Useful information about living in Lithuania

**Migration Information Centre (MIC)** – provides information, consultations, emotional support, courses, and other services to migrants living in Lithuania.

A lot of useful information about living in Lithuania and registration for consultations can be found at <https://micenter.lt/>

✉ [iomvilniusmic@iom.int](mailto:iomvilniusmic@iom.int)

☎ 0 800 22922



## When facing difficulties at work

### Labor unions

**May 1st Labor Union (abbreviated G1PS)** is a union for everyone who works. This organization can be joined by people of working age, disregarding of the field of work, social status, or citizenship. The union provides consultations related to labor law.

More information: <https://g1ps.lt/en>

✉ [konsultacijos@g1ps.lt](mailto:konsultacijos@g1ps.lt)

☰ LT, EN, RU, but efforts are made to assist people who do not speak these languages

**The Lithuanian Trade Union Confederation (LPSK)** is the largest labor union centre in Lithuania, uniting 24 diverse branches of unions across the country. They provide consultations on labor law, occupational safety, and health matters. The union also offers remote consultations on labor law issues upon prior registration.

More information: <https://www.lpsk.lt/en/home/>

✉ [info@lpsk.lt](mailto:info@lpsk.lt)

☰ LT, EN, RU

**The Lithuanian Trade Union Alliance** represents and defends workers' professional, labor, economic, and social rights and interests; provides legal assistance, represents in individual and collective labor disputes; represents in courts in cases of administrative law violations; organizes humanitarian aid (only for Alliance members).

More information: <https://aljansas.eu/>

✉ [info@aljansas.eu](mailto:info@aljansas.eu)

☰ LT, EN, RU

**The National Labor Inspectorate** is a state institution that provides consultations to employees, employee representatives, and others regarding the application and enforcement of laws and regulations related to the Labor Code, occupational safety and health, and labor relations. The Inspectorate also investigates complaints related to violations of labor relations.

More information: <https://vdi.lrv.lt/lt/?lang=en>

✉ [info@vdi.lt](mailto:info@vdi.lt)

☎ + 370 5 213 9772

☰ LT, EN, RU

## Having experienced exploitation or human trafficking

**Center Against Human Trafficking and Exploitation (KOPŽI)** is a national support network that provides social, psychological, legal, and safe housing services to individuals who have been victims of exploitation, sexual violence, or human trafficking. The services provided are free of charge.

More information: <https://anti-trafficking.lt/>

✉ [info@anti-trafficking.lt](mailto:info@anti-trafficking.lt)

☎ +37067961617 (SOS helpline number available 24/7)

+37066242920 (Hotline for Ukrainians)

🗨 LT, EN, RU

## Having encountered discrimination or human rights violations

If you encounter a discriminatory situation based on your gender identity, sexual orientation, skin color, ethnicity, age, gender, or any other characteristic of your identity, you can contact the **Office of the Equal Opportunities Ombudsman**. The office provides consultations, as well as accepts, and investigates complaints of discrimination.

More information: <https://lygybe.lt/en/>

✉ [lygybe@lygybe.lt](mailto:lygybe@lygybe.lt)

☎ +370 5 205 0640

🗨 LT, EN, RU

If you encounter abuse of power by officials, bureaucracy, or other violations of human rights and freedoms in the public administration sector, you can contact the **Parliamentary Ombudspersons of Lithuania**.

More information: <https://www.lrski.lt/en/>

✉ [ombuds@lrski.lt](mailto:ombuds@lrski.lt)

☎ 0 800 22100

🗨 LT, EN, RU



## If you have experienced domestic violence


<https://visureikalas.lt/> – provides information about domestic violence, how to ensure your safety, and where to seek help.

**The Lithuanian Women's Rights Implementation Association (LMTĮA)** brings together women's NGOs that operate Specialized Complex Assistance Centers (SKPC) across Lithuania.

Services provided:

- ✦ Consultations and support on domestic violence issues in person, by phone, and online;
- ✦ Information provided, an action plan developed, and guidance on legal processes and state-guaranteed assistance;
- ✦ Psychological consultations;
- ✦ Legal consultations on divorce, compensation for damages, eviction, pre-trial investigations on domestic violence, and other matters, as well as assistance in preparing legal documents (claims, certificates, requests, statements, etc.).

More information: <https://www.specializuotospagalboscentras.lt/>

 870055516

 LT, EN, RU


## Consultations for Sexually Transmitted Infections


### Association “Demetra”

Services provided:

- ✦ Free and anonymous testing for HIV, syphilis, and hepatitis B and C.
- ✦ Consultations on sexually transmitted infections (STIs).
- ✦ For those unable to visit in person, free HIV self-testing kits are sent.
- ✦ Referrals to healthcare institutions and assistance in obtaining necessary treatment for individuals diagnosed with HIV or those who received a positive HIV test result.
- ✦ Free distribution of condoms and harm-reduction materials: syringes, needles, injectable water, disinfectant wipes, hygiene products, and more.

More information: <https://www.demetra.lt/>

 [demetra@demetra.lt](mailto:demetra@demetra.lt)

 +370 687 10655



## LGBTQ+ Organizations and Initiatives

**Trans Autonomija** – an association for the rights and mutual support of trans people, which organizes community events, activities, conducts training, and provides information.

For more information, visit <https://transautonomija.lt/> or the organization's Facebook and Instagram pages.

✉ [transautonomija@gmail.com](mailto:transautonomija@gmail.com)

**National LGBT Rights Organization LGL** – a non-governmental organization representing the interests of the LGBTQ+ community in Lithuania. LGL engages in advocacy and organizes community events.

For more information, visit <https://www.lgl.lt/en/> or the organization's Facebook page

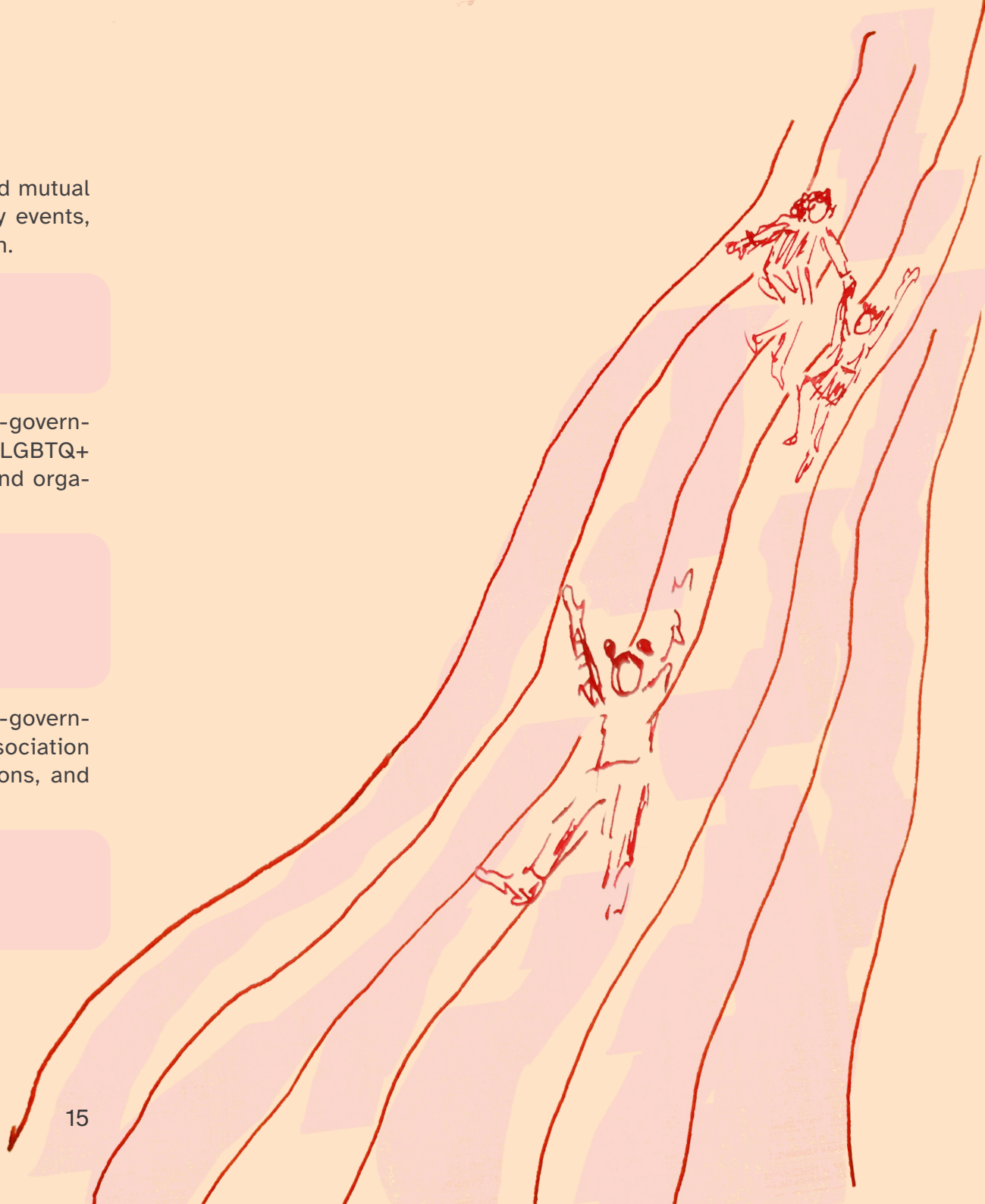
✉ [office@gay.lt](mailto:office@gay.lt);

[volunteers@gay.lt](mailto:volunteers@gay.lt) (for those who wish to volunteer)

**Tolerant Youth Organisation (TYA)** – it is a non-governmental human rights and youth organization. The association organizes social evenings, film screenings, discussions, and other community events.

For more information, visit <https://en.tja.lt/> or the organization's Facebook page.

✉ [info@tja.lt](mailto:info@tja.lt)





**išgirsti** – is a space for queer social and cultural action. Its areas of activity include queer culture, archiving, and psycho-social well-being.

For more information, visit <https://isgirsti.lt/> or the organization's Facebook or Instagram pages.

**Sapfo festival** – is an independent, non-commercial, community-initiated festival providing a much needed collaborative and grounding environment for building tents and queer-feminist community.

For more information, visit <https://sapfofest.lt/en/> or the organization's Facebook and Instagram pages.

**The Vilnius Queer Festival „Kreivės“** – is a cultural and social initiative organizing cultural events such as film screenings, readings, exhibitions, and parties.

For more information, visit <https://festivaliskreives.lt/en/> or the organization's Facebook and Instagram pages.