

# TRANS RIGHTS MAP

## Europe & Central Asia 2021



28 countries in Europe and Central Asia require a mental health diagnosis for legal gender recognition of trans people.

TGEU Trans Rights Map illustrates the legal situation of 49 countries in Europe and 5 in Central Asia. It shows country-specific requirements for legal gender recognition, as well as existing protections for trans people in asylum, hate crime/speech, non-discrimination, health, and family.

The Trans Rights Map does not claim to exhaustively portray the complex realities of trans people's lives.

This map shows which countries do not request a mental health diagnosis in legal gender recognition (blue) and those that do have this abusive requirement (red). Countries in gray lack legal gender recognition procedures.

### Mental Health Diagnosis

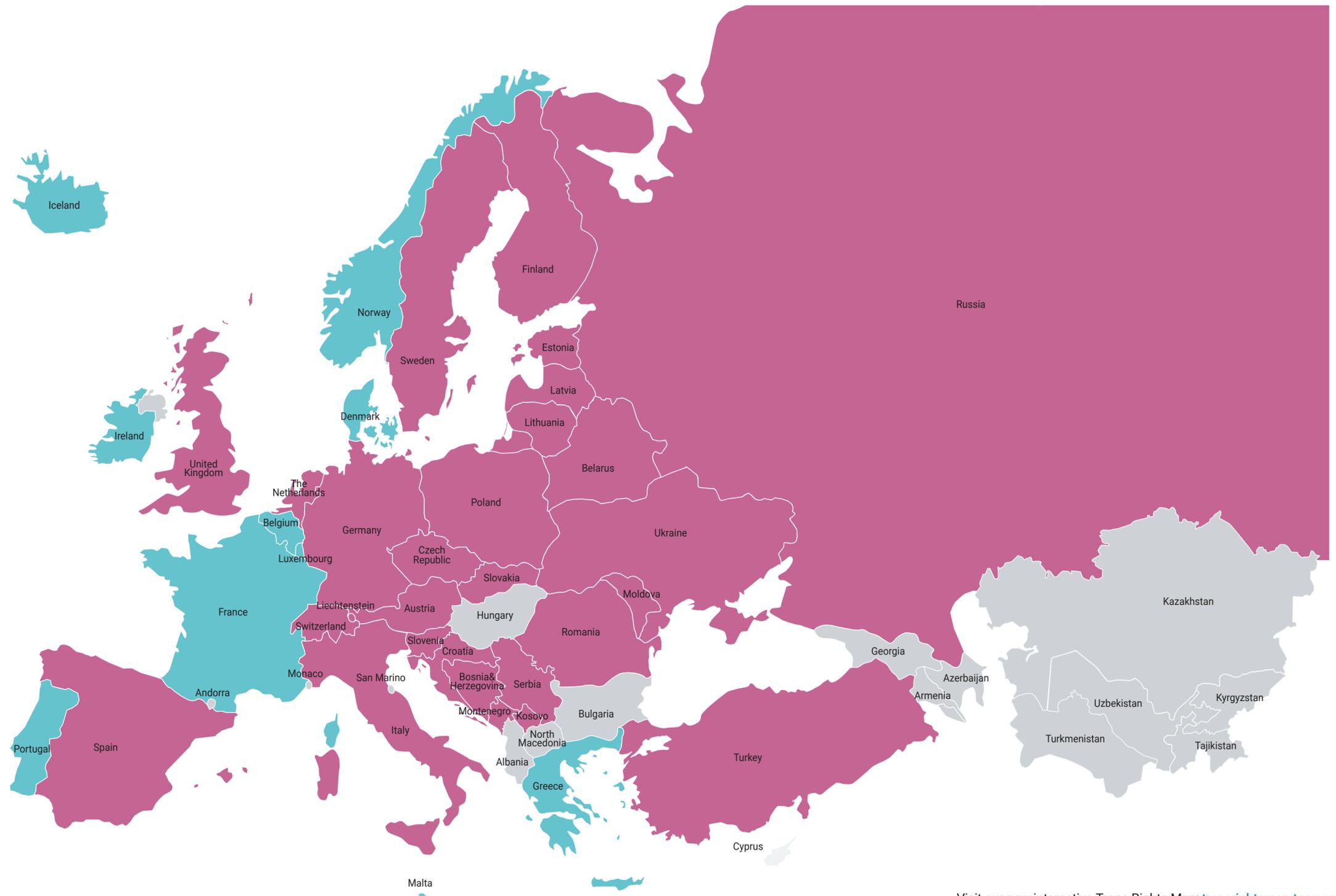
Of the 39 countries where legal gender recognition is available, 28 still require a trans person to provide a mental health diagnosis while 10 countries no longer list diagnosis as a requirement for legal gender recognition. 15 countries do not provide any procedure. No changes have been observed with regard to a mental health requirement since 2020.

The diagnosis requirement contributes to stigma, exclusion, and discrimination. The World Health Organisation stopped categorising trans identities as mental health disorders in 2019. States should base procedures on the self-determined gender identity of a person.

### Self-determination

States must put in place legal gender recognition procedures that are quick, transparent, accessible, and based solely on the self-determination of the person. The Council of Europe and numerous United Nations mandates have established that a mandatory mental health diagnosis or any third-party opinion violates trans people's dignity and their right to self-determination.

Learn more about legal gender recognition and what you can do to improve it:  
[tgeu.org/issues/legal-gender-recognition](https://tgeu.org/issues/legal-gender-recognition)



- Mental Health Diagnosis required
- No Mental Health Diagnosis required
- No Legal Gender Recognition
- No sufficient data

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Visit our new interactive Trans Rights Map: [transrightsmap.tgeu.org](https://transrightsmap.tgeu.org)  
The Trans Rights Map has been developed in cooperation with ILGA-Europe, [ilga-europe.org](https://ilga-europe.org), and is available under a Creative Commons Attribution-NonCommercial 4.0 International License  
The data presented reflects the legal rights of trans people based on consultation from in-country experts as of 27 April 2021