Let's Talk About LGBTQIA+ and Mental Health



Who is LGBTQIA+? Lesbian

A sexual orientation of a female-identified individual who is primarily attracted to other female-identified individuals¹

Gay

A sexual orientation of a male-identified individual who is primarily attracted to other male-identified individuals. "Gay" is also commonly used to describe people who are attracted to individuals of the same gender as themselves.1

Bisexual

A sexual orientation describing a person who is attracted to female- and male-identified individuals¹

Transgender

A term that describes individuals whose gender identity does not align with their sex assigned at birth. This includes trans men and trans women, as well as nonbinary and gender-fluid identities.1

Queer

A self-identity that is often used as an umbrella term to describe individuals whose sexuality and/or gender identity do not conform to heteronormative or cisgender societal expectations¹

Questioning

A term that describes an individual who is exploring or is unsure of their sexual orientation and/or gender identity¹

Intersex

A term that refers to people who have a congenital condition that leads to a mismatch between their sex chromosomes and their body's development of primary and secondary sexual characteristics^{1,2}

Asexual

A term that describes someone who is not sexually attracted to others or has little to no interest in sexual relations.1

Denotes anything on the gender or sexuality spectrums that letters or words do not currently describe³

Pansexual

A sexual orientation that encompasses attraction to all genders¹

The Gender Unicorn 🔼 Gender Identity emale/Woman/Girl Male ∕Man ∕Boy Other Gender(s) Gender Expression 🍡 Sex Assigned at Birth Physically Attracted to Other Gender(s) Emotionally Attracted to To learn more, go to: www.transstudent.org/gender Design by Landyn Pan and Anna Moore

Discrimination & Trauma Uniquely Impact the LGBTQIA+ Community

LGB residents living in a state lacking protections for LGBTQ citizens have a

5x increased risk

of comorbid psychiatric disorders⁵

of LGB individuals report experiencing physical violence due to their sexual orientation⁷

In 2017, ≥129 anti-LGBTQ bills were introduced across 30 states; 12 became law⁶



Minority Stress Theory in LGBTQIA+ Populations

Social/Minority **Status**

- LGB individuals9
- Transgender, nonbinary, & gender fluid individuals¹⁰
- Communities of color¹¹

External Stressors

- Rejection¹⁰ Sexual violence¹⁰ • Invalidation¹⁰ • Physical violence¹⁰
- Difficulty accessing legal &
 - healthcare resources¹⁰
- Discrimination/Dismissal/
 - Pathologization¹²

Internal **Stressors**

- Negative expectations (e.g. discrimination, violence)^{9,10}
- Internalized societal prejudice⁹
- Concealment of one's
- identity9,10

Resilience **Factors**

- Community support/
- connectedness¹⁰
- Family support⁹
- Self-acceptance⁹ Pride¹⁰
- LGBTQIA+ mentors & role models¹⁰

Mental Health Outcomes

- Depression¹⁰
- Anxiety¹⁰
- PTSD¹³
- Non-suicidal self-injury⁹
- Suicidality⁹
- Substance abuse¹⁰

The Impact of Minority Stress on LGBTQIA+ Adults: Mental Health Disparities

LGBTQ adults are 2.5 times more likely to experience depression, anxiety, and/or substance abuse14

Transgender and gender-nonconforming individuals are 4 times more likely to experience a mental health condition¹⁶

Suicide risk in bisexual populations is higher than heterosexual, gay, and lesbian populations¹⁵

• Prevalence of depression ranges from 50% to 67%¹⁷

• Approximately 40% of transgender adults have attempted suicide in their lifetime¹⁶

Bisexual women are

more than 2x as likely to have an eating disorder

than lesbian women¹⁵

If you or someone you know is in crisis, call the Suicide Prevention Hotline/Lifeline at 1-800-273-TALK (8255) or text the Crisis Text line at 741-741

References: 1. National LGBTQIA+ Health Education Center. https://www.lgbtqiahealtheducation.org/publication/lgbtqia-glossary-of-terms-for-health-care-teams/. Accessed April 27, 2021. 2. Monz. https://outrightinternational.org/content/acronymsexplained. Accessed May 10, 2021. 3. Gold. https://www.nytimes.com/2018/06/21/style/lgbtq-gender-language.html. Accessed April 21, 2021. 4. Trans Student Educational Resources. www.transstudent.org/gender. Accessed April 27, 2021. Image reproduced under the Creative Commons License. 5. Hatzenbuehler et al. Am J Public Health. 2009;99:2275-2281. 6. American Psychiatric Association. https://www.psychiatrists/cultural-competency/education/stress-and-trauma/lgbtq. Accessed April 27, 2021. 7. Kates et al. https://www.kff.org/racial-equity-and-health-policy/issue-brief/health-and-access-to-care-and-coverage-for-lesbian-gay-bisexual-and-transgender-individuals-in-the-u-s/. Accessed April 23, 2021. 8. Carmel and Erickson-Schroth. Psychiatric Ann. 2016;46:346-349. 9. Meyer. Psychol Bull. 2003;129:674-697. 10. Testa et al. Psychol Sex Orientat Gend Divers. 2015;2:65-77. 11. Meyer. Soc Sci Med. 2008;67:368-379. 12. Dean et al. J Bioeth Inq. 2016;13:557-570. 13. National Alliance on Mental Illness. https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI. Accessed on April 23, 2021. 14. American Psychiatric Association. https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/ Mental-Health-Facts-for-LGBTQ.pdf. Accessed April 25, 2021. 15. American Psychiatric Association. Mental Health Facts on Bisexual Populations. 2020. 16. National Alliance on Mental Illness. https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI. 2021. Accessed April 26, 2021. 17. Carmel and Erickson-Schroth. Psychiatr Ann. 2016;26:346-349.