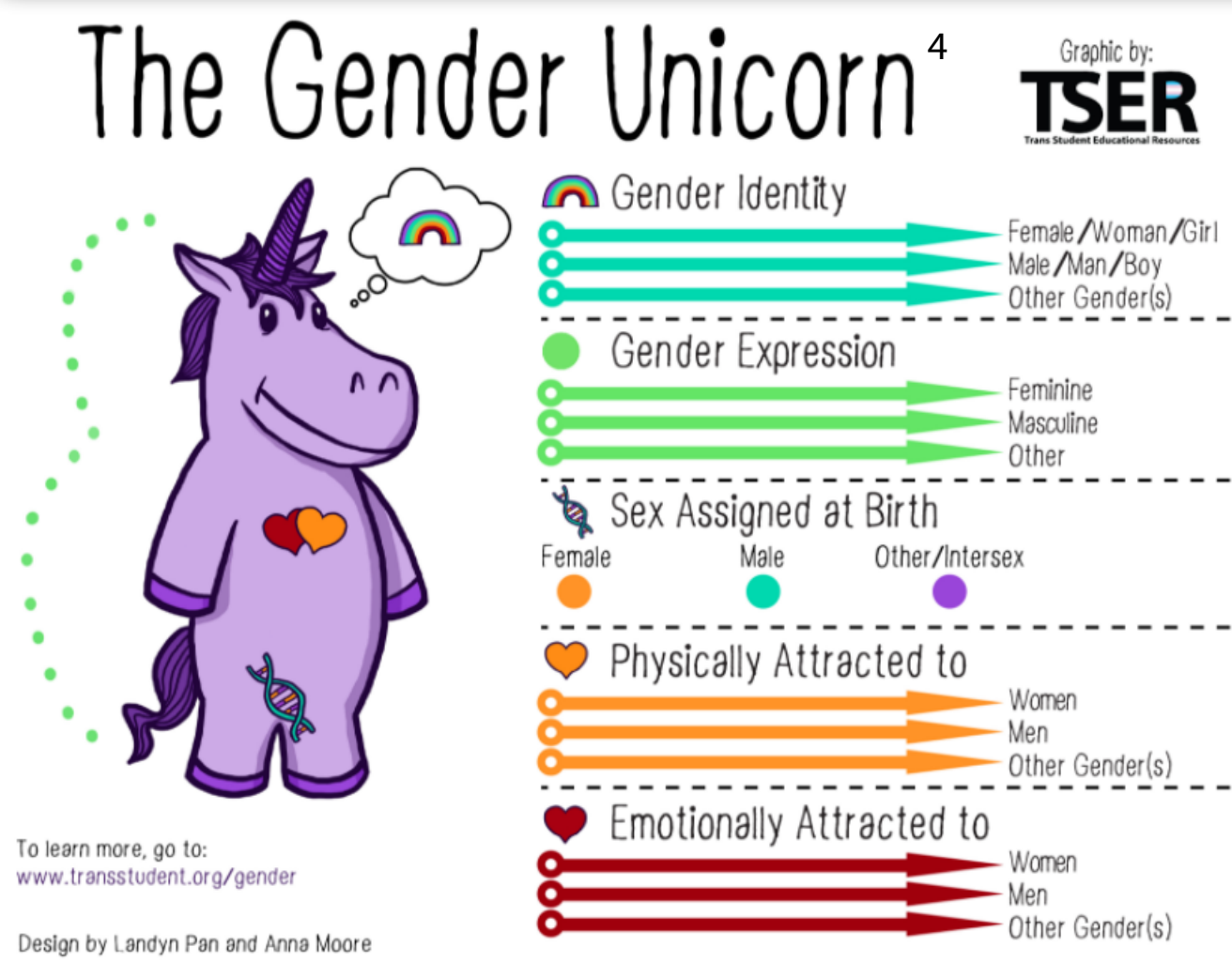


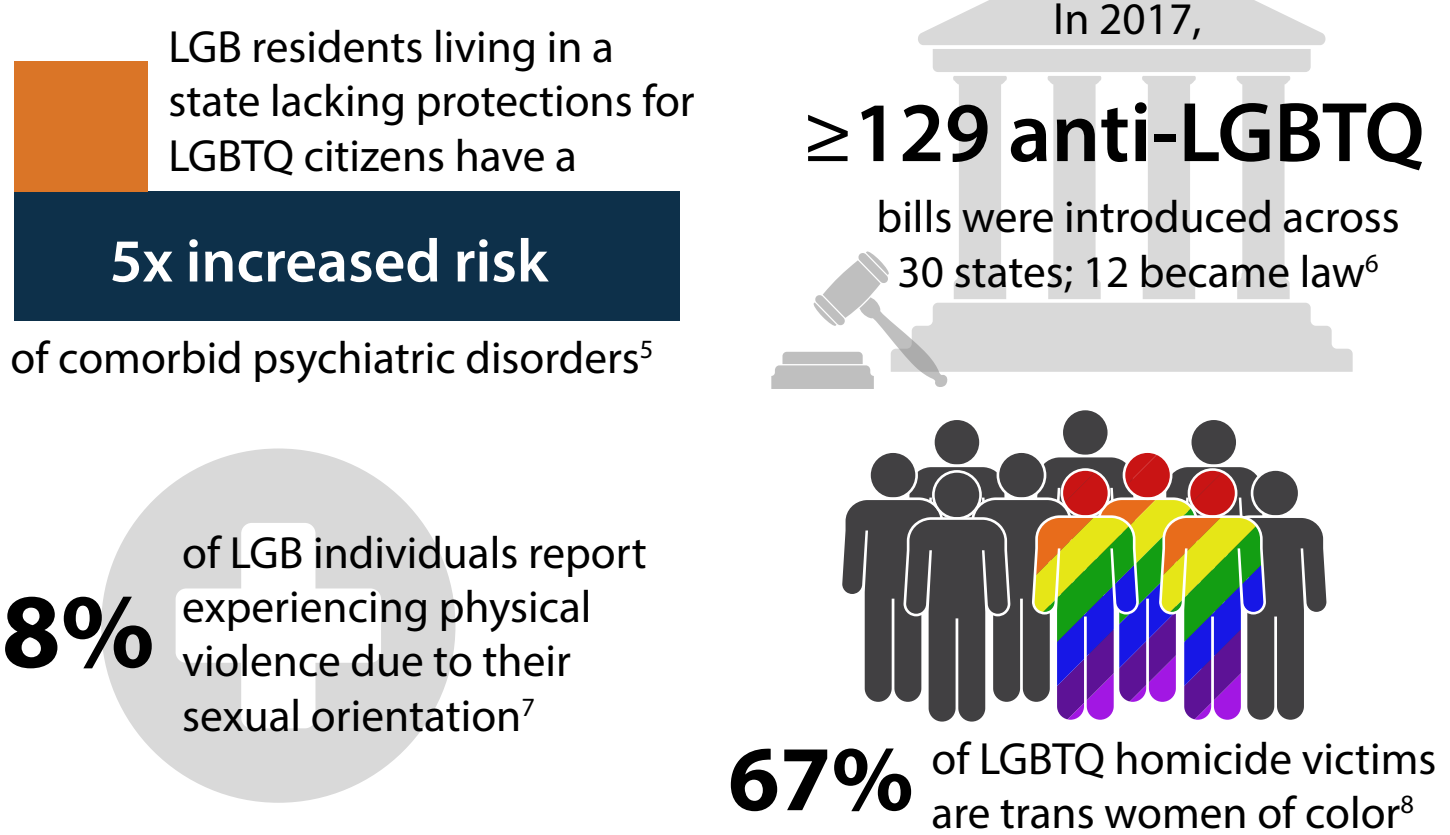
# Let's Talk About LGBTQIA+ and Mental Health

Who is LGBTQIA+?

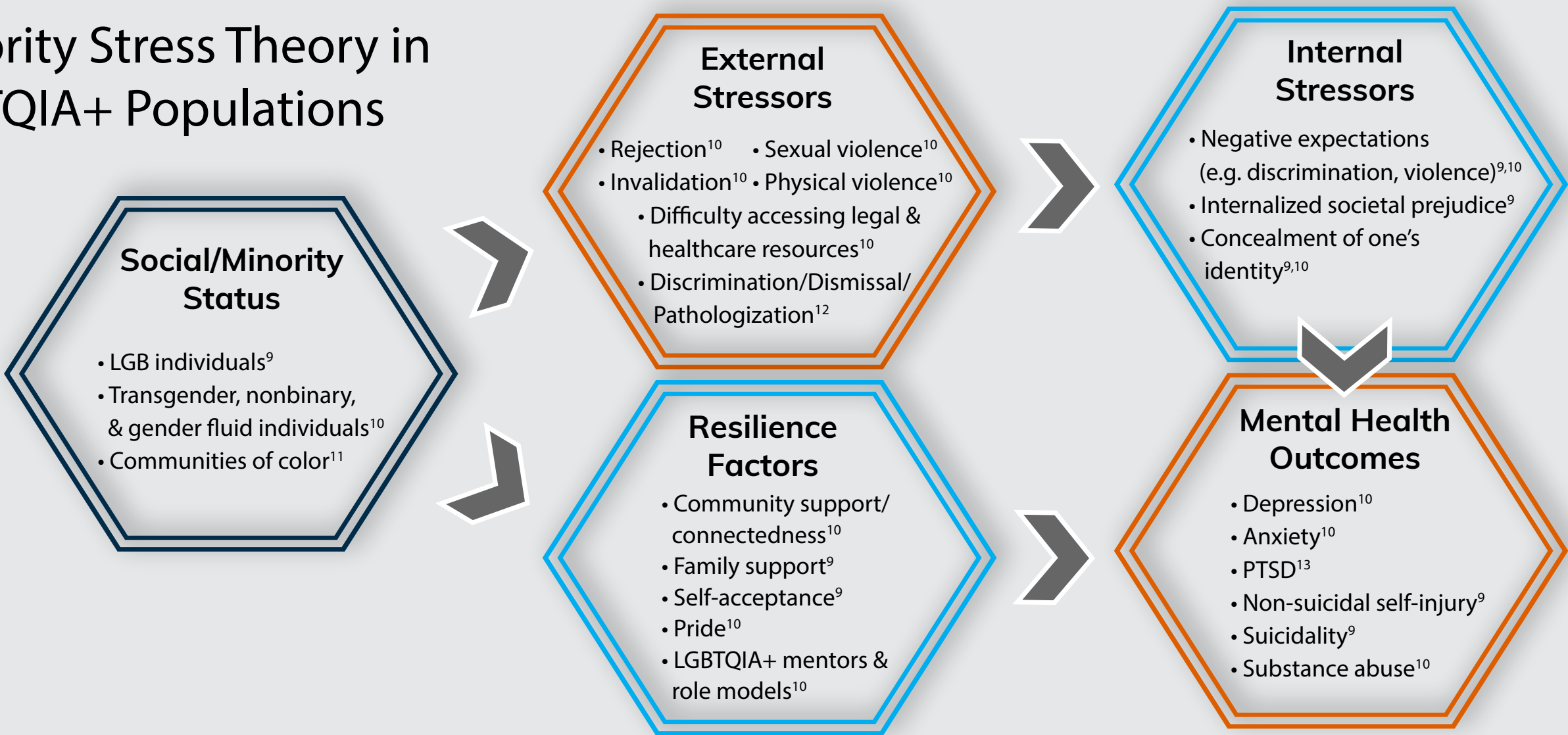
- Lesbian** A sexual orientation of a female-identified individual who is primarily attracted to other female-identified individuals<sup>1</sup>
- Gay** A sexual orientation of a male-identified individual who is primarily attracted to other male-identified individuals. "Gay" is also commonly used to describe people who are attracted to individuals of the same gender as themselves.<sup>1</sup>
- Bisexual** A sexual orientation describing a person who is attracted to female- and male-identified individuals<sup>1</sup>
- 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.<sup>1</sup>
- 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 expectations<sup>1</sup>
- Questioning** A term that describes an individual who is exploring or is unsure of their sexual orientation and/or gender identity
- 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<sup>1,2</sup>
- Asexual** A term that describes someone who is not sexually attracted to others or has little to no interest in sexual relations.<sup>1</sup>
- +** Denotes anything on the gender or sexuality spectrums that letters or words do not currently describe<sup>3</sup>
- Pansexual** A sexual orientation that encompasses attraction to all genders<sup>1</sup>



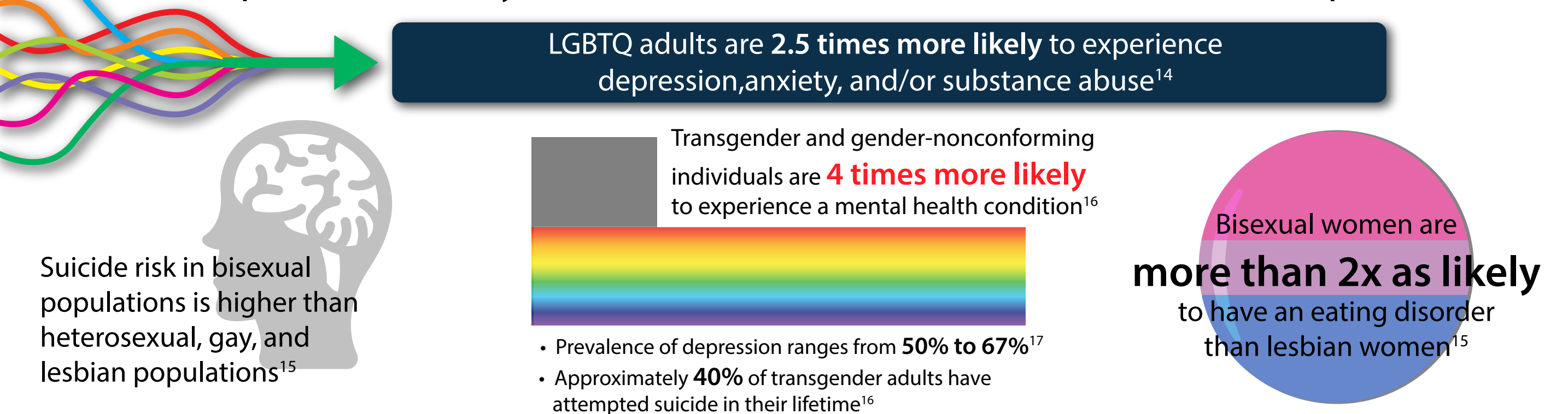
## Discrimination & Trauma Uniquely Impact the LGBTQIA+ Community



## Minority Stress Theory in LGBTQIA+ Populations



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



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

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