

# LGBTQ+ Mental Health

LGBTQ+ individuals are more than twice as likely as cisgendered heterosexual individuals to have a mental health disorder in their lifetime.

All major professional mental health organizations have affirmed that **homosexuality is NOT a mental disorder. Being transgender or gender variant is NOT a mental illness** and does not imply any impairment in judgement, stability, reliability, or general social or vocational capabilities.

## Quick Stats:

- 1 in 5 LGBTQ+ individuals reported withholding information about their sexuality and gender from their doctor or health care professional.
- Women who identify as lesbian/bisexual are more than twice as likely to engage in heavy drinking.
- Transgender individuals who identify as African American/Latinx/Native American/Multiracial/Mixed Race are at increased risk of suicide than white transgender individuals.
- LGBTQ+ individuals have higher rates of mental health service use than their cisgender heterosexual counterparts.
- The rate of suicide attempts is four times greater for LGB youth than that of heterosexual youth.
- 31% of LGBTQ+ older adults report depressive symptoms and 39% report serious thoughts of suicide.

## Barriers to Care:

- Approximately 8% of LGB individuals and nearly 27% of transgender individuals reported being denied needed healthcare outright.
- Many LGBTQ+ individuals have less social support than cisgender heterosexual individuals. Bisexual people may feel particularly isolated, experiencing stigma both in society and within the LGBTQ+ community.
- Transgender individuals have higher rates of poverty and unemployment than cisgender individuals.
- LGBTQ+ individuals are more likely to be victims of violence...and even more so for racial/ethnic minority LGBTQ+.



Mental illness is regrettably still stigmatizing in our society. So too is being LGBTQ+. An LGBTQ+ individual with a mental illness may be in the unfortunate position of having to contend with **both stigmas**. Further, those living in poverty, have a disability, or are from communities of color, may have multiple stigmas to contend with.

Data adapted from "Depression and the GLBT Community" published by the National Alliance on Mental Illness and "Mental Health Disparities: LGBTQ" published by the American Psychiatric Association.

Learn how you can help at [nami.org/minoritymentalhealth](https://nami.org/minoritymentalhealth)



NAMIMaryland



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[www.namimd.org](https://www.namimd.org)

 **NAMI** Maryland

National Alliance on Mental Illness  
info@namimd.org  
1-877-878-2371  
410-884-8691

# LGBTQ+ Mental Health

## Support and Resources

Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

### **The Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)**

SAIGE delivers educational and support resources for LGBTQ individuals, and promotes competency on LGBTQ issues for counseling professionals.

[saigecounseling.org](http://saigecounseling.org)

### **The Association of Gay and Lesbian Psychiatrists (AGLP)**

AGLP offers numerous resources for LGBT individuals experiencing mental health conditions and psychiatric professionals with LGBT clients.

[www.aglp.org](http://www.aglp.org) | (215) 222-2800

### **The National Center for Transgender Equality**

The National Center for Transgender Equality offers resources for transgender individuals, including information on the right to access health care.

[transequality.org](http://transequality.org) | (202) 642-4542

### **The Trevor Project**

The Trevor Project is a support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (Text “START” to 678-678)

[www.thetrevorproject.org](http://www.thetrevorproject.org) | 1-866-488-7386

### **The LGBT National Help Center**

This help center offers confidential peer support connections for LGBT youth, adults and seniors including phone, text and online chat.

[www.glbtnationalhelpcenter.org](http://www.glbtnationalhelpcenter.org) | (415) 355-0003

### **The Gay and Lesbian Medical Association (GLMA)**

GLMA has a search tool that can locate a LGBTQ-inclusive health care provider in your area.

[www.glma.org](http://www.glma.org) | (202) 600-8037

### **Gay and Lesbian Alliance Against Defamation (GLAAD)**

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.

[www.glaad.org](http://www.glaad.org)

### **World Professional Association for Transgender Health (WPATH)**

WPATH works to promote evidence based care, education, research, public policy, and respect in transgender health.

[www.wpath.org](http://www.wpath.org)