

Minority Mental Health Awareness Month

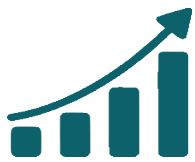
LGBTQIA+

Minority Mental Health Awareness Month brings awareness to the unique struggles that underrepresented groups face in regard to mental illness. This observance aims to improve access to mental health treatment and services for multicultural communities through increased public awareness.

FACTS:

2.5X

LGBTQ individuals are 2.5 times more likely to experience depression, anxiety, and substance misuse compared with heterosexual individuals.
[American Psychiatric Association](#)



LGBTQ individuals have higher rates of mental health service use than their heterosexual counterparts.
[American Psychiatric Association](#)

48%

48% of all transgender adults report that they have considered suicide in the past 12 months, compared to 4% of the overall US population.
[NAMI](#)



LGBTQ individuals are more likely to be victims of violence compared with their heterosexual peers; the risk is even higher for racial/ethnic minority LGBTQ.
[American Psychiatric Association](#)

5X

High school students who identify as lesbian, gay, or bisexual are almost 5 times as likely to attempt suicide compared to their heterosexual peers. [NAMI](#)

31%

Approximately 31% of LGBTQ older adults report depressive symptoms; 39% report serious thoughts of taking their own lives.
[American Psychiatric Association](#)

BARRIERS TO MENTAL HEALTH CARE:

- Fear of stigma, discrimination, and mistreatment
- Higher rates of poverty and unemployment, exacerbated by lack of non-discrimination protections
- Lower rates of health insurance
- Negative experiences with health care providers
- Lack of LGBTQIA+-competent healthcare providers



Sheppard Pratt

*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. [American Psychiatric Association](#)