

# EXPECT MORE

Everyone Deserves Good Health

7<sup>th</sup> Annual National LGBT Health Awareness Week

## MENTAL HEALTH

Living in a largely heterosexist, homophobic, and transphobic culture can have a negative effect on LGBT people, leading to or exacerbating existing mental health problems, such as depression and anxiety. Many LGBTQ people postpone help for mental health issues for a variety of reasons including negative experiences with providers and lack of or inadequate health insurance coverage. As a result, we are less likely to receive culturally appropriate mental health assessments, treatment and support when diagnosed.

### What can you do?

- If you are in crisis, call 911 or your local mental health line for help.
- Get help from an LGBT-competent mental health professional.
- Talk to a professional substance abuse counselor, if you or someone you know depends on drugs or alcohol.
- Seek support from community groups or peers if you feel isolated and alone,
- If you are struggling with your sexual orientation or gender identity, reach out to others who have been there. You are not alone.
- Visit or call a nearby LGBTQ community center for help, support, or information.

**EXPECT MORE: Your mental health matters!**

**For more information, please see:**

American Psychological Association (<http://www.apa.org/>)

Mental Health Information Center (<http://mentalhealth.samhsa.gov/>)

National Association of LGBT Community Centers (<http://www.lgbtcenters.org/>)