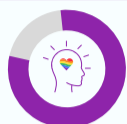


The LGBTQ+ Mental Health Gap: Needs, Barriers, and Brand Opportunities

LGBTQ+ people face higher rates of mental health conditions, especially youth, and the gap is growing.

1 State of LGBTQ+ Mental Health

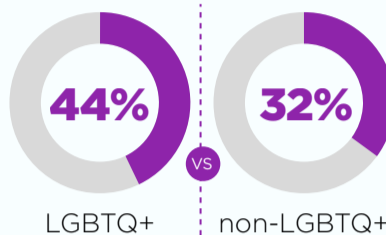
LGBTQ+ individuals experience higher rates of the most common mental health conditions including:



86%

of LGBTQ+ youth ages 11 to 17 screen positive for a moderate to severe mental health condition, the highest rate of any age group.

% of Youth 11-17 Years Old Who Have Severe Depression



Distress is Rising year-to-year among younger adults & youth

- Anxiety** 57% - 68%
- Depressive Symptoms** 48% - 54%
- Suicidal Ideation** 41% - 47%

2 LGBTQ+ ACCESS TO MENTAL HEALTH CARE



84%

of LGBTQ+ youth say they want mental health care

VS



50%

of LGBTQ+ youth don't have access to mental health care



75%

of uninsured LGBTQ+ adults cite unmet mental health needs

3 WHAT'S FUELING THE LGBTQ+ MENTAL HEALTH CRISIS?



2.5x

LGBTQ+ youth are more likely to report higher severe depression after experiencing discrimination



52%

of LGBTQ+ middle and high schoolers bullied in the past year



3x

LGBTQ+ middle and high schoolers greater odds of a suicide attempt after being bullied



86%

of LGBTQ+ adults say federal politics impacted their wellbeing



73%

of LGBTQ+ adults say state-level policies specifically harmed their mental health



70%

of LGBTQ+ youth say anti-LGBTQ+ legislation and rhetoric harmed their mental health

4 FAMILY SUPPORT MATTERS



3x

higher anxiety rates among youth with unsupportive families



45%

of youth with unsupportive families seriously consider suicide



The discrimination that LGBTQ+ people experience and the hostile political environment are not a backdrop — they are **measurable clinical stressors** that contribute to the LGBTQ+ mental health crisis.

