

## The LGBTQ+ Care Gap: Transgender & Non-Binary Health in Focus

Transgender and non-binary people experience more limited access to care and more severe mental health struggles, underscoring the need for meaningful, inclusive action.

### 1 CARE IS STILL OUT OF REACH



**45%**

postponed care because they couldn't afford it

vs

**33%**

of LGBTQ+ adults

**15%**

of non-LGBTQ+ adults

(Center for American Progress, cited by 19th News, 2025)



**37%**

avoided needed care out of fear of discrimination  
Center for American Progress

(19th News, 2025)



**Nearly 50%**

have experienced a negative interaction with a healthcare provider due to being transgender

### 2 A MENTAL HEALTH CRISIS



**70%**

of transgender and non-binary youth experience anxiety

vs

**42%**

cisgender peers

(Trevor Project, 2024 National Survey)



**2x As Likely**

to report suicidal thoughts



cisgender peers

(Trevor Project, 2025 National Survey)

Suicide attempt rates have increased by



**72%**

among transgender youth in states where gender-affirming care has been legally restricted (**25 states**)

(Nature Medicine / NPR, 2024)



**53%**

of transgender and non-binary youth report experiencing suicidal thoughts, compared to 28% of cisgender peers

(Trevor Project, 2025 National Survey on LGBTQ+ Youth Mental Health)



Brands build greater trust and loyalty when they support the full LGBTQ+ community, including transgender and non-binary people and their unique health challenges.