

LGBTQ People

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) people experience profound mental health disparities — and children who identify as a sexual or gender minority are almost twice as likely as their heterosexual, cisgender, or binary peers to report feeling so sad or hopeless that it interfered with their daily activities.¹ Much of these disparities likely arise from discrimination and isolation, and are compounded by lack of access to care that considers the specific needs and experiences of the population.

SET STRONG NORMS FOR SAFETY AND INCLUSION

Many of the reforms for LGBTQ individuals in general will promote access to more effective care. Additional policy attention is needed to prevent the discrimination and exclusion that is likely driving the disparities. The policy opportunities build off of many of the education, workplace, and community policies to offer solutions that are more specific to the needs of this population.

ACTION ITEMS

- The federal government should **codify comprehensive non-discrimination protections** for individuals that identify as LGBTQ.
- The federal government should create incentives in **policy reforms that improve school climate and culture and/or student mental health** and provide additional financing for schools that implement effective strategies to reduce disparities in belonging and safety for students that identify as LGBTQ. This should include specialized services for suicide prevention for LGBTQ youth.
- The federal government should include requirements in federal funding for child welfare and transition-aged-youth programs for **evidence-based training in effective strategies for children and youth who identify as LGBTQ.**



¹ Johns MM, Lowry R, Rasberry CN, Dunville R, Robin L, Pampati S, Stone DM, Kollar LM. Violence victimization, substance use, and suicide risk among sexual minority high school students—United States, 2015–2017. *Morbidity and Mortality Weekly Report*. 2018 Nov 2;67(43):1211.