



# MENTAL HEALTH MATTERS

A MONTHLY NEWSLETTER FROM ATLANTIC BEHAVIORAL HEALTH

MENTAL HEALTH IN THE LGBTQ+ COMMUNITY | JUNE 2022

## CELEBRATING PRIDE MONTH

*Mental Health in the LGBTQ+ Community*

### **Mental Health in the LGBTQ+ Community.**

While all of our communities face mental health challenges, LGBTQ+ community members often deal with more stigma and discrimination and are at higher risk for experiencing shame, fear, discrimination and adverse and traumatic events. The LGBTQ+ community represents a diverse range of identities and expressions of gender and sexual orientation. In addition to these identities, members of the community are diverse in terms of race, religion, ethnicity, nationality, and socioeconomic class, which can impact mental health.

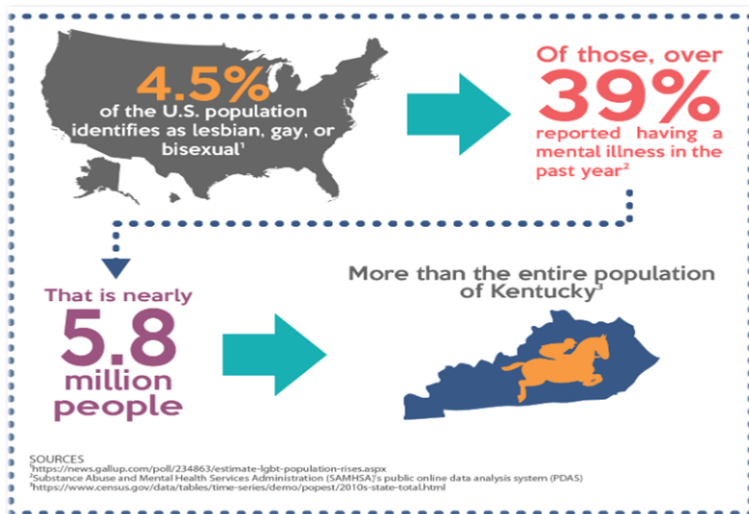
## The Importance of **PRIDE** & Mental Health

PRIDE is an acronym for **Personal Rights in Defense and Education**. Pride Month is celebrated annually in June to honor the 1969 Stonewall riots and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, queer, questioning, intersex, ally, pansexual (LGBTQ+) Americans.

Pride is a space where people in the LGBTQ+ community can connect. For many, it's very empowering and validating to see your identity in the community around you. It also celebrates the rich history of the LGBTQ+ rights movement. This includes both pain and celebration. Feeling connected in a community is linked with positive health.

# Raising LGBTQ+ Voices – Talking Out Loud About Mental Health

- Research suggests that LGBTQ+ individuals face health disparities linked to societal stigma, discrimination, and denial of their civil and human rights.
- According to the National Alliance on Mental Illness (NAMI), although the full range of LGBTQ+ identities are not commonly included in large-scale studies of mental health, there is strong evidence from recent research that members of this community are at a higher risk for experiencing mental health conditions, especially depression and anxiety disorders. LGBTQ+ adults are more than twice as likely as heterosexual adults to experience a mental health condition.
- Further, many people experience rejection from their families or loved ones when they come out. An estimated 29% of LGBTQ+ youth have been kicked out of their homes, run away, or become homeless.
- The Trevor Project's 2020 National Survey reports that one in three LGBTQ+ youth have been physically threatened or harmed due to their identity.
- According to the National Survey on LGBTQ+ Youth Mental Health 2021 by the Trevor Project, 42% of LGBTQ+ youth considered attempting suicide in the past year. This included more than half of transgender and nonbinary youth.



## WELCOME Supports

Allies are important to the LGBTQ+ movement. An ally is any person that actively promotes and aspires to advance the culture of inclusion through intentional positive and conscious efforts that benefit people as a whole.



## WELCOME the Conversation!

In mental health care, stigma, lack of cultural sensitivity, and unconscious and conscious reluctance to address sexuality and gender may impact care. However, being open not only about your sexual orientation and gender identity, but also about any substance use or mental health needs, allows your clinicians to give you the best possible care appropriate for you!



## How can we be respectful of people who identify as LGBTQ+?

You can be genuine and curious about someone's life without being invasive. Ask open-ended questions. Take the person's lead on which language terms to use. If you are unsure, ask directly. Be willing to make mistakes and try again without being defensive. Ask people about their pronouns and use them. If you make a mistake, apologize, correct yourself, and move on.

# June is Trauma Awareness Month and PRIDE Month

The past two years have been an exercise in psychological flexibility for many of us. Our personal mental health has been affected with many more individuals reporting an increase in anxiety and depression symptoms than ever before. Now, more than ever, it is important for us to be aware of the impact of traumatic events on ourselves, our families, our communities, and the world.

Research suggests that individuals in the LGBTQ+ community are at risk of experiencing higher levels of traumatic events. Much of the trauma that specifically affects LGBTQ+ folks comes from a lack of acceptance and hostility toward these identities in society and politics. According to The National Child Traumatic Stress Network, trauma in LGBTQ+ youth can include:

- bullying
- harassment
- traumatic loss
- intimate partner violence
- physical and sexual abuse
- traumatic forms of societal stigma, bias, and rejection



## Tips for Healing After Trauma

1. **Accept Help** – You will need support after a traumatic event. You might feel like isolating, but healing from trauma is best done with someone around. Spend time with family, close friends or a therapeutic support group.
2. **Find the right help** – When seeking therapy for healing from trauma look for a trauma informed therapist or a group that specializes in trauma healing.
3. **Physical Movement** – gentle walks, stretching or yoga can be helpful for trauma healing. After trauma, there can often be a disconnect from your body. When you get moving, you reconnect and also get the benefits of endorphins that help to lift your mood.
4. **Expressing Feelings** – you may want to push hard feelings away after a trauma, but it will help to find gentle ways to connect with your feelings. Try journaling, reading supportive books and sharing your experience with a trusted friend or therapist.

If you feel you or someone in your household may harm themselves or someone else:

**National Suicide Prevention Lifeline** (1-800-273-8255): is a free, anonymous, 24/7 helpline and chat service for anyone struggling with issues related to suicide. July 16<sup>th</sup> the # changes to 988

**The Trevor Project** (1-866-488-7386) open 24/7 specialize in young LGBTQ people's mental health.

**LGBT National Youth Talkline** (1-800-246-7743): open 24/7 with trained peer counselors ready to talk about mental health, dating, coming out, sexual health, or anything you need. They also maintain [an LGBT youth resource center](#), where you can connect to support in your area.

If you need to find treatment or behavioral health providers in your area: <https://www.samhsa.gov/find-treatment>

### Atlantic Behavioral Health ACCESS Center:

888-247-1400

### Atlantic Behavioral Health Crisis Intervention Services 24/7 Hotlines:

Chilton Medical Center: 973 – 831 – 5078  
Hackettstown Medical Center 908 – 454 – 5141  
Morristown Medical Center: 973 – 540 – 0100  
Overlook Medical Center: 908 – 522 – 3586  
Newton Medical Center: 973 – 383 – 0973

