



## June: Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex Pride Month

In 2022, President Joe Biden [proclaimed](#) June as Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex Pride Month. The LGBTQIA+ community includes many people with diverse identities and gender expression. The month-long celebration is a time for the people of the United States to recognize the achievements of the LGBTQIA+ community, celebrate the great diversity of the American people, and wave their flags of pride high.

LGBTQIA+ health services attend to the physical, mental, and emotional well-being of this community however, these services are not available in all areas. Additionally, individuals may encounter discrimination or refusals of service in healthcare settings, which causes a delay or avoidance of care. As a result, they often bear a disproportionate burden of adverse physical and mental health outcomes.

Evidence from the [U.S. National Survey on the Mental Health of LGBTQ Young People](#) show increased rates of mental health issues among LGBTQIA+ individuals, due to their mistreatment and stigmatization in society. Social support systems and professional mental health services can be helpful for people who are experiencing depression, anxiety, and stress. If you or a young person you know is in need of support, there are a number of organizations that provide resources, education, and other services:

- **Crisis Text Line:** Texting **LGBTQ to 741-741** will connect you to a crisis counselor who can offer support. This resource is available 24/7.
- **Trans Lifeline:** A service devoted to offering care and support to transgender people. It provides peer support from a place of experience since the organization is staffed by trans individuals.
- **GLMA Health Professionals Advancing LGBT Equality:** An organization that works to connect people who are lesbian, gay, bisexual, and transgender with welcoming healthcare providers.
- **PFLAG:** The first organization devoted to helping parents, families, and allies support LGBTQIA+ people. Today the organization supports a network of more than 400 local chapters found throughout the United States.

### Additional Resources:



- [16 Mental Health Resources to Support the LGBTQ+ Community \(verywellmind.com\)](#)
- [NAMI: LGBTQI | NAMI: National Alliance on Mental Illness](#)
- [SAMHSA- Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex \(LGBTQIA+\) | SAMHSA](#)
- [LGBTQ+ Communities and Mental Health | Mental Health America \(mhanational.org\)](#)

