

The State of LGBTQIA+ Mental Health in the U.S.



Across the U.S., the LGBTQIA+ community continues to be disproportionately impacted by mental health conditions. With many Americans identifying as LGBTQIA+, it's essential that providers and organizations learn how to adequately support this community while staying informed on current trends and solutions.

Thankfully, as the popularity of telehealth continues to rise, providers and organizations are better positioned than ever to combat some of the primary challenges the LGBTQIA+ community faces regarding accessibility, cultural competency, and high-quality care.

LGBTQIA+ by the numbers

LGBTQIA+ identification increased from **5.6%** to **7.2%** in 2022¹

1 in 5 Gen Z adults identify as LGBTQIA+¹

2.4M Americans age 65 years or older identify as LGBTQIA+³



Accessible mental healthcare for LGBTQIA+ youth is a growing need

48% of LGBTQIA+ youth are afraid to discuss their mental health concerns²

82% of all LGBTQIA+ youth wanted mental health care²

However, **56%** were unable to access the care they needed²

1 in 3 LGBTQIA+ youth reported poor mental health due to the anti-LGBTQ policies and legislation²

Receiving high-quality and culturally competent care from providers remains a challenge for the LGBTQIA+ population

8 out of 10 older LGBTQIA+ Americans say they would feel more comfortable with providers who are specifically trained in the LGBTQIA+ patient needs⁵

1 in 5 LGBTQIA+ adults report postponing or avoiding medical treatment due to the disrespect or discrimination⁶

36% of LGBTQIA+ patients report encountering negative experiences with providers such as disbelief, dismissal of concerns, assumption, or personal blame for health concerns⁷

Telehealth can help the LGBTQIA+ community meet their mental health needs

54% of LGBTQIA+ women and

45% of LGBTQIA+ men reported using telehealth⁴

75% of providers said telehealth allowed them to remotely deliver high-quality, culturally competent care¹⁰

The top reasons why LGBTQIA+ patients like using telehealth:

57% for convenience

47% to receive care quickly

36% for safety⁹

Where Iris fits in

At Iris Telehealth, we provide high-quality telepsychiatry care to healthcare organizations nationwide. We match organizations with providers who facilitate culturally competent care and help ensure everyone has access to mental health services, regardless of where they live or how they identify. If you're interested in learning more, contact us today: www.iristelehealth.com.

Resources

1. Gallup
2. The Trevor Project | 2023 National Survey on LGBTQ Youth Mental Health
3. American Psychological Association | Lesbian, Gay, Bisexual, and Transgender Aging
4. Kaiser Family Foundation | The Impact of the COVID-19 Pandemic on LGBTQ+ People's Mental Health
5. The American Association of Retired Persons | Telehealth Use Varies by Race/Ethnicity and Sexual Orientation
6. American Progress | Discrimination Prevents LGBTQ People from Accessing Health Care
7. Kaiser Family Foundation | LGBTQ+ People's Health and Experiences Accessing Care
8. American Progress | Discrimination and Barriers to Well-Being: The State of the LGBTQ+ Community in 2022
9. Medical Economics | Insurers Embracing Virtual First Plans
10. American Medical Association | 2022 Moving Beyond Telehealth Digitally Enabled Care