



Quasar, them. (website) 2018

# Black LGBTQ+ Youth cannot sustain stable mental health if they do not feel safe

Barriers to accessing care start with the most basic of needs, which must be addressed first.

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## How Systems Play a Role in Access to Mental Health Care for Black LGBTQ+ Youth

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LGBTQ+ youth are disproportionately impacted by depressed mood and suicide. (*The Trevor Project, 2020*)

Black LGBTQ+ youth experience rates similar to all LGBTQ+ youth but receive less psychological or emotional counseling. (*The Trevor Project, 2019*)

Inability to afford care, concerns related to the LGBTQ+ competence of providers, concerns about getting parent/caregiver permissions and transportation difficulties are barriers to receiving mental health care for all LGBTQ+ youth. (*The Trevor Project, 2020*)

Intersectionality – the interconnected nature of social categorizations such as race, class, gender identity and sexual orientation (*Originally a term coined by Kimberlé Crenshaw, 1989*)

Black LGBTQ+ youth are likely to have compounded barriers to accessing care given the intersection between their race, sexual orientation and gender identity.

In Rochester in particular, The Out Alliance, a previously significant support for LGBTQ+ youth closed its doors and laid off its entire staff in June of 2020. (*Spectrum News Staff, 2020*)

This served to even further decrease access to safe spaces for Black LGBTQ+ youth, which were limited prior to the closing of The Out Alliance



Maslow's hierarchy of needs

Rajan, Carrot Health (website), 2019