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.

To view resources and get more information:

Maslow’s hierarchy of needs

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