This Fact Sheet serves to provide an overview of LGBTQ mental health in Fresno County in order to inform policy makers, providers, and community members about health disparities in their community and ways to address them.

DID YOU KNOW?

- 56% of LGBTQ identifying individuals have experienced discrimination while seeking medical treatment.
- 1 out of 5 transgender patients have been turned away by health care providers because of their transgender identity.
- 84% of LGBTQ identifying patients chose not to disclose their sexual orientation to their doctor.
- 28% of transgender and Gender Non-Conforming individuals have postponed medical care when sick or hurt due to concerns of discrimination.
- Over 50% of transgender individuals have reported their healthcare providers lacked knowledge specific to them.
Lifetime use of alcohol was higher for LGB youth (46.0%) than for their non-LGB peers (24.6%). Transgender youth also showed a higher rate (33.6%) than non-transgender youth (25.7%).

Transgender youth were 4 times more likely than their nontransgender peers to report not feeling safe at school (21.9% versus 7.4%).

Transgender youth were more likely (32.9%) to report having been pushed, shoved, slapped, hit, kicked by someone 1 or more times on a school campus than their non-transgender peers.

Responding to the statement Teachers at my school treat students fairly, 22.4% of LGB identified students were more likely to disagree with the statement compared to 17.3% of their non-LGB peers.

When asked Did you miss school because you felt very sad, hopeless, anxious, stressed, or angry during the past thirty days? 29.8% of LGB responded in the affirmative, compared with 8.1% of their non-LGB peers.

Transgender youth reported similar experiences with 28.5% having missed school because they felt very sad, hopeless, anxious, stressed, or angry versus 9.1% of nontransgender youth.
Guarantee that all youth—and especially LGBT identified youth—have caring and supportive adults to speak with and to mentor them.

Create school environments that are safe, supportive, and inclusive of all.

Implement policies, programs, and resources that promote health equity among LGBT youth.

Create opportunities for LGBT youth to engage in meaningful participation in schools and communities.

The Fresno County #Out4MentalHealth Task Force is advocating for the mental health of LGBT+ identifying individuals by focusing on their experience when seeking support.

- Advocating to have Fresno County Department of Behavioral Health mandate all mental health staff, who interact with the public, complete LGBT+ mental health training upon hire and then at least once a year.

- Advocating that the County prioritize the creation of a resource clearinghouse for LGBT+ affirming mental health services, which will be developed in partnership with the LGBTQ community, implemented by Fresno County, and maintained by Fresno County as a part of their MHSA mandate to provide culturally affirming services. The Fresno County Department of Behavioral Health is encouraged to contract out this service to a local LGBTQ serving organization in the community.
REFERENCES


