Approximately 29% did not seek mental health services because of being unsure of what services were available and feeling uncomfortable seeking services because of LGBTQ+ identity.

“…because there's stigma about mental health and then there's the whole stigma around LGBTQ+, issues, it's like a double whammy…”

67% reported LGBTQ+ affirming mental health care as a high need in San Luis Obispo County.

“…it’s just a lack of knowledge and it’s really hard to find someone who is actually LGBT to work with.”

65% of transgender and nonbinary people reported high levels of psychological distress, with approximately half of respondents reporting that their psychological distress was due to their gender identity and/or sexual orientation.

“…but there's also a difference between safety and comfort. Not in every circumstance would I feel comfortable…”
Approximately 33% found their provider to be judgmental of LGBTQ+ individuals.

“...I've had a couple different therapists in the past who have straight up told me 'Well, I don't really know how to help you with your gender thing because I don't understand it.'”

San Luis Obispo County
Task Force Policy Objectives

The San Luis Obispo #Out4MentalHealth task force intends to improve the experience of LGBTQ+ identifying individuals through working towards two primary objectives:

1. Systems and institutions within SLO County, that interface with the public, will mandate that staff receive training in culturally inclusive practices and care for LGBTQIA+ communities, in order to support the health and well-being of our community.

2. San Luis Obispo County agencies that maintain provider lists are required to identify or indicate LGBTQIA+ affirming services and make reasonable, routine, and active efforts to verify that providers on this list are LGBTQIA+ affirming.

For more information:
ed@galacc.org | ccerussi@t-mha.org