

IMPROVING LGBTQ+ MENTAL HEALTH

ENVISION:YOU seeks to close gaps in behavioral health outcomes for LGBTQ+ individuals through co-created community programming, advocacy engagement, public awareness campaigns, and evidence-based training.

envision-you.org





Q IS FOR QUESTIONING is a dynamic series of three interactive, no-cost workshops tailored for parents, caregivers, teachers, and other trusted adults. These judgment-free workshops offer a unique opportunity to connect in person or virtually, equipping participants with the tools and knowledge needed to provide vital affirming support and resources to LGBTQ+ youth. Research shows that LGBTQ+ youth who have at least one accepting adult in their lives are 40% less likely to report a suicide attempt within the past year. Join us to make a meaningful impact in the lives of LGBTQ+ youth by becoming the supportive and accepting presence they need to thrive.

envision-you.org/q-is-for-questioning

BEHAVIORAL HEALTH PROVIDER TRAINING PROGRAM

is a comprehensive initiative designed to empower registered and licensed mental health clinicians, addiction counselors, certified peer specialists, and social workers with cutting-edge skills and crucial knowledge. This program is your gateway to elevating the delivery of high-quality, culturally relevant, and affirming behavioral health interventions specifically tailored for members of the LGBTQ+ community.

envision-you-training.org

ENVISION:YOU
 **LGBTQ+** 
Behavioral Health Provider
Training Program



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Support. Educate. Empower.

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How Do We Help?



Educate the Community

We raise public awareness around LGBTQ+ behavioral health concerns through a variety of statewide, community informed initiatives. Additionally, we promote policy and legislation that improve both access to care and advance equity for those living with a mental health and/or substance use disorder.



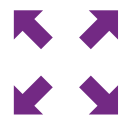
Encourage Recovery

We know that seeking behavioral health support is one of the most difficult and important steps a person with a mental health condition can take and we work to empower individuals to find the courage to seek the support they need.



Enhance Resources

We collaborate with partners including other nonprofits, government agencies, and institutions of higher learning to promote access to affirming resources while also advancing research, education, and training.



Expand Training

We recognize that admitting you need help is one thing. Finding a welcoming and affirming provider to support your recovery process is often more challenging. To address this concern, we developed a comprehensive, evidence-based training program to advance behavioral health interventions, improve outcomes, and ensure members of the LGBTQ+ community find culturally responsive care.

People in the LGBTQ+ community experience mental health issues at higher rates.

61% Have depression

45% Have PTSD

36% Have an anxiety disorder

40 percent of transgender individuals have attempted suicide in their lifetime.

40%

That is nearly 9 times the rate in the United States.



LGBTQ+ individuals are more than twice as likely as their straight counterparts to have a mental health disorder in their lifetime.

200%+



VS.

25% **10%**

Nearly 25% of LGBTQ+ individuals have a substance use disorder compared to about 10% of heterosexuals.

LGBTQ+ older adults face unique challenges, including the combination of anti-LGBTQ+ stigma and ageism.

31% Approximately 31% of LGBTQ+ older adults report depressive symptoms.

39% report serious thoughts of taking their own lives.



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