



EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

LGBTQ+ BIPOC mental health is health

July is BIPOC Mental Health Month! Originally designated as National Minority Mental Health Awareness Month, BIPOC Mental Health Month focuses on the specific mental health challenges, needs, and traumas of Black, Indigenous, and People of Color (BIPOC) communities. BIPOC individuals experience mental health challenges at **similar or greater rates** than their white counterparts, and often do not receive the support they need, due to stigma and structural barriers to care. These challenges are more dire for BIPOC individuals that hold LGBTQ+ identities.

Racial and discrimination-based trauma

The mental health of BIPOC individuals is uniquely impacted by racial and discrimination-based trauma. The Centers for Disease Control (CDC) has declared racism a serious threat to public health that has placed communities of color at greater risk for poor health outcomes. Moreover, **trauma can be passed down** through genes in a process called intergenerational transmission.

Structural barriers to care

Envision:You's 2021 State of the State survey found that finding treatment and support that meet the LGBTQ+ community's needs is difficult. It is important that providers are aware of and understand queer and trans identities, yet folks are often burdened with educating providers

or finding themselves as the only person with particular identities in support or treatment settings. The challenge of seeking culturally-affirming mental health support is compounded due to the lack of BIPOC providers. For example, **Black patients** reported that Black therapists can better understand their experiences and identify with their cultural stressors. However, only 2% of U.S. psychologists are Black, and other mental health professions mirror that lack of representation.



Resources for BIPOC individuals

Resources exist specifically for BIPOC individuals in need of mental health support including **BEAM, Black Mental Health Alliance, Black Men Heal, Black Female Therapists, Melanin and Mental Health, The Loveland Foundation, One Sky Center, We R Native, Indian Health Service, Asian Mental Health Collective, National Queer Asian Pacific Islander Alliance, Asian Mental Health Project, NAAPIMHA, Latinx Therapy, SanaMente, National Alliance for Hispanic Health**, and many more.

We leave you with a call to action: remember to care for your mental health, fight mental health stigma, and use and share BIPOC-specific mental health resources.

HEALTHY TIPS ...For building self-care habits

- 1** Happiness is different for everyone so **pursue your own happiness** and not others.
- 2** **Seeking guidance and support** from mentors. Mentors will be able to share their wisdom and can be your support during difficult times.
- 3** **Spend time in reflection** and develop self-awareness. Reflection allows the brain to untangle and work through experiences, thoughts, and feelings.
- 4** **Maintain habits** that foster the mind-body connection, whatever that looks like for you.

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Find How to Have the Talk on Instagram

Did you know that Envision:You's public information campaign has its own Instagram? [How to Have the Talk](#) posts wellness tips, conversation starters, inspirational messages, and ways to destigmatize and normalize discussing mental health and substance use. We recently posted a series on supporting loved ones (and yourself) through grief. Follow us [@howtohavethetalk](#), and please engage and repost!

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Introducing Bryan Klipsch as the New CEO of You:Flourish!

We are thrilled to announce the appointment of Bryan Klipsch as the new CEO of [You:Flourish](#), a social impact venture of Envision:You. Bryan brings a wealth of experience and a passion for driving positive change to his new role. With a background in founding and co-founding several ventures, Bryan has a proven track record of success. His expertise spans across various industries, including sitting on the board of an early stage-NGO, showcasing his



commitment to making a difference in the world. Bryan brings valuable insights into You:Flourish's mission with his experience working at UNICEF USA under new initiatives and technology. We are excited to welcome Bryan Klipsch as You:Flourish's new CEO, confident in his ability to lead us into a future of innovation and social impact. Together, we will continue to empower individuals and communities to thrive and flourish.