



Support. Educate. Empower.

Envision:You addresses the unique needs LGBTQ+ people have when considering and accessing behavioral healthcare. As members of an often misunderstood minority group, they frequently face discrimination, violence, and poor mental health outcomes. Although it requires great strength and courage, seeking support is one of the most important steps a person with a mental health and/or substance use disorder can take. Envision:You is here to support, educate, and empower LGBTQ+ people in taking that step.

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.



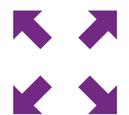
Encourage Recovery

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 have developed a comprehensive, multi-level training program to advance behavioral health interventions, improve outcomes, and ensure members of the LGBTQ+ community find culturally relevant 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.



Programs Underway

Behavioral Health Provider Training Program

A multi-phased training program that was created to address a need in the LGBTQ+ community for LGBTQ+ affirming care. This training addresses the biases that exist in healthcare and how medical practitioners can avoid using such biases and instead provide culturally relevant and affirming behavioral health interventions.

Finding Hope

A peer-to-peer support group program with a network of LGBTQ+ individuals with lived behavioral health experience to provide support and mentoring to those who need it. Aimed to aid individuals throughout several communities in Colorado with a special emphasis on rural Southeast and Southwest areas.

How to Have The Talk

A program that seeks to reduce stigma related around asking for help when an individual is suffering with their mental health. This campaign aims to foster healthy conversations about mental health in the LGBTQ+ community by providing education that makes individuals feel more comfortable giving support and reaching out.

Q is for Questioning

A series of interactive workshops to be produced in several communities across Colorado. This program, aimed at parents, guardians, or family members of LGBTQ+ youth, hopes to foster healthy conversations and family relationships between young LGBTQ+ kids who are exploring their gender and sexual identity and their families who can support and affirm them.

You:Flourish

A smart phone application that will address the significant barrier for LGBTQ+ individuals finding mental and behavioral health care practitioners and resources that affirm their identity and life experience. This app will address this need by creating a vetted database that will not only include LGBTQ+ friendly behavioral health resources but also provide health maintenance tools and community building opportunities.

What Makes Us Unique?

We are the only statewide initiative addressing the behavioral health concerns of Colorado's LGBTQ+ community.

We address the behavioral health concerns of LGBTQ+ Coloradans living in rural, frontier, mountain, and urban communities.

We actively engage in advocacy efforts to ensure that the mental health concerns of LGBTQ+ individuals are addressed in legislation and policy.

We routinely assess community needs to ensure that our programming addresses the specific concerns of local LGBTQ+ communities.

We develop programs that raise awareness about mental health concerns, help combat stigma, and connect struggling LGBTQ+ folks to supportive resources.

