
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.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Condition</th>
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<tbody>
<tr>
<td>61%</td>
<td>Have depression</td>
</tr>
<tr>
<td>45%</td>
<td>Have PTSD</td>
</tr>
<tr>
<td>36%</td>
<td>Have an anxiety disorder</td>
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40 percent of transgender individuals have attempted suicide in their lifetime. 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.

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%
3% report serious thoughts of taking their own lives.

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Programs Underway

Original Research
We conducted original research in partnership with OMNI Institute to assess how the LGBTQ+ community is faring during these historically unprecedented times.

Virtual Therapy Program
In response to the coronavirus pandemic, we created a virtual behavioral health therapy program connecting members of the LGBTQ+ community to no cost services provided by our partners at Khesed Wellness and the Colorado Health Network.

Public Affairs
Brandeberry-McKenna Public Affairs leads us in robust government relations efforts to ensure that legislation and policies advanced in Colorado consider the unique needs of the LGBTQ+ community from a systems perspective.

How To Have The Talk
One of the most difficult challenges any of us face is confronting a person we care about who is suffering from an untreated behavioral health concern. We know that substance use and mental health issues do not get better when they are ignored—in fact, they are likely to get much worse. To support and advance these important conversations, the ‘How to Have the Talk’ campaign was launched to encourage conversations about mental health in the LGBTQ+ community.

Colorado Behavioral Health & Wellness Summit
Finally, Envision:You is a major sponsor of the annual Colorado Behavioral Health & Wellness Summit in partnership with the University of Denver.

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.

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