

A hand holding a transgender flag (blue, pink, and white horizontal stripes) against a blurred background of a crowd. The flag is positioned diagonally across the frame.

Advancing Mental Health Equity for Trans and Non-Binary Communities

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Disclosures

No disclosures.

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- Disparities in Mental Health
 - Anti-Trans Legislative Landscape
 - The Impact



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Definitions

- Sex Assigned at Birth: Refers to the sex that is assigned to an infant, most often based on the infant's anatomical and other biological characteristics.
- AFAB: Assigned female at birth.
- AMAB: Assigned male at birth.
- Transgender: An umbrella term used to describe people whose gender identity is different from the sex they were assigned at birth. "Trans" is often used as shorthand for transgender.
- Non -Binary: Describes a person whose gender identity falls outside of the traditional gender binary structure of girl/woman and boy/man. Sometimes abbreviated as NB or enby.
- Cisgender: A person whose gender identity is consistent with their sex assigned at birth
- Gender Dysphoria: The feeling of psychological distress that might occur in people whose gender identity differs from their sex assigned at birth.
- Transition : The process of shifting toward a gender identity and/or expression different from the sex assigned at birth, which can include social transition, such as new names, pronouns and clothing, and medical transition, such as hormone therapy.



Mental Health Disparities: Transgender and Non-Binary Communities



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Transgender and Non-Binary People Experience Higher Rates of:

- Anxiety and Depression
- Suicidality
- ADHD, ASD
- Substance Use

Correlates of Mental Health Issues and Substance Use Include:

- Experiences of Gender Dysphoria
- Transphobic Discrimination or Violence
- Low Income and Higher Rates of Unemployment
- Participation in Sex Work
- Intersectional Minority Stress

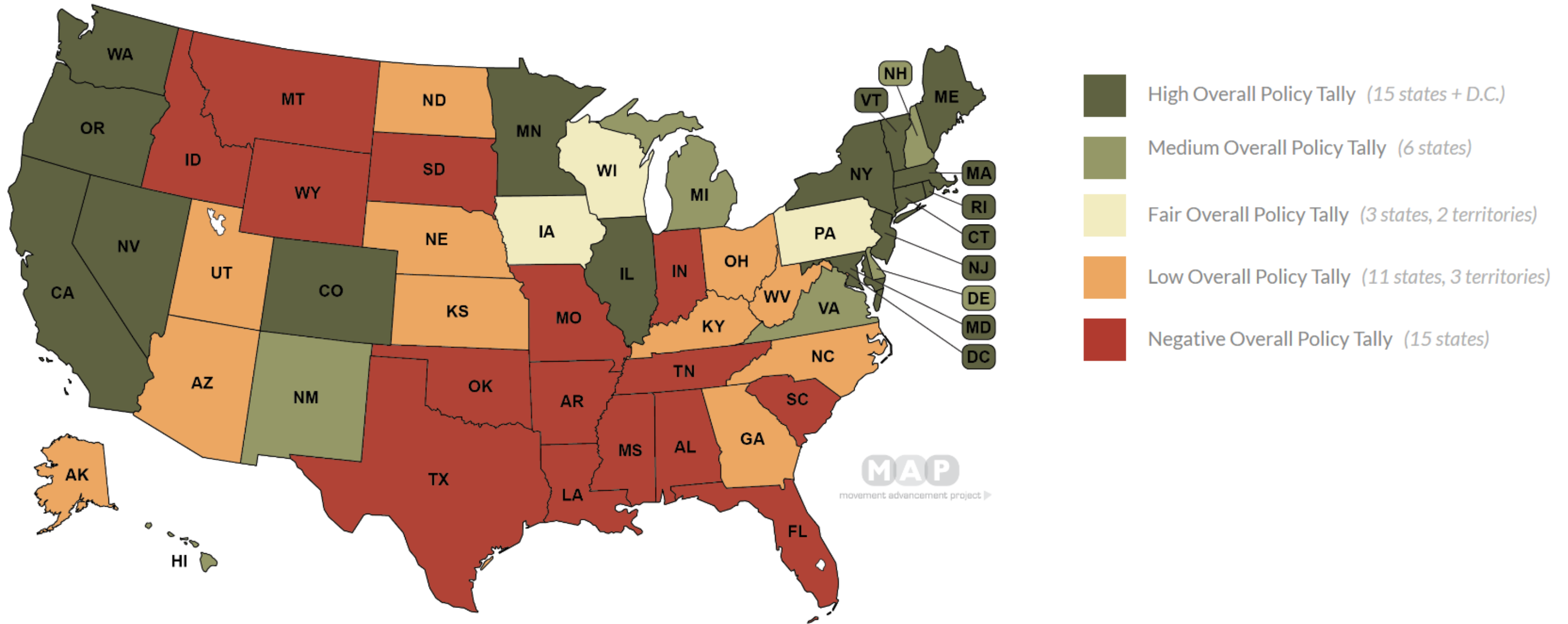


Anti-LGBTQ+ Legislative Landscape



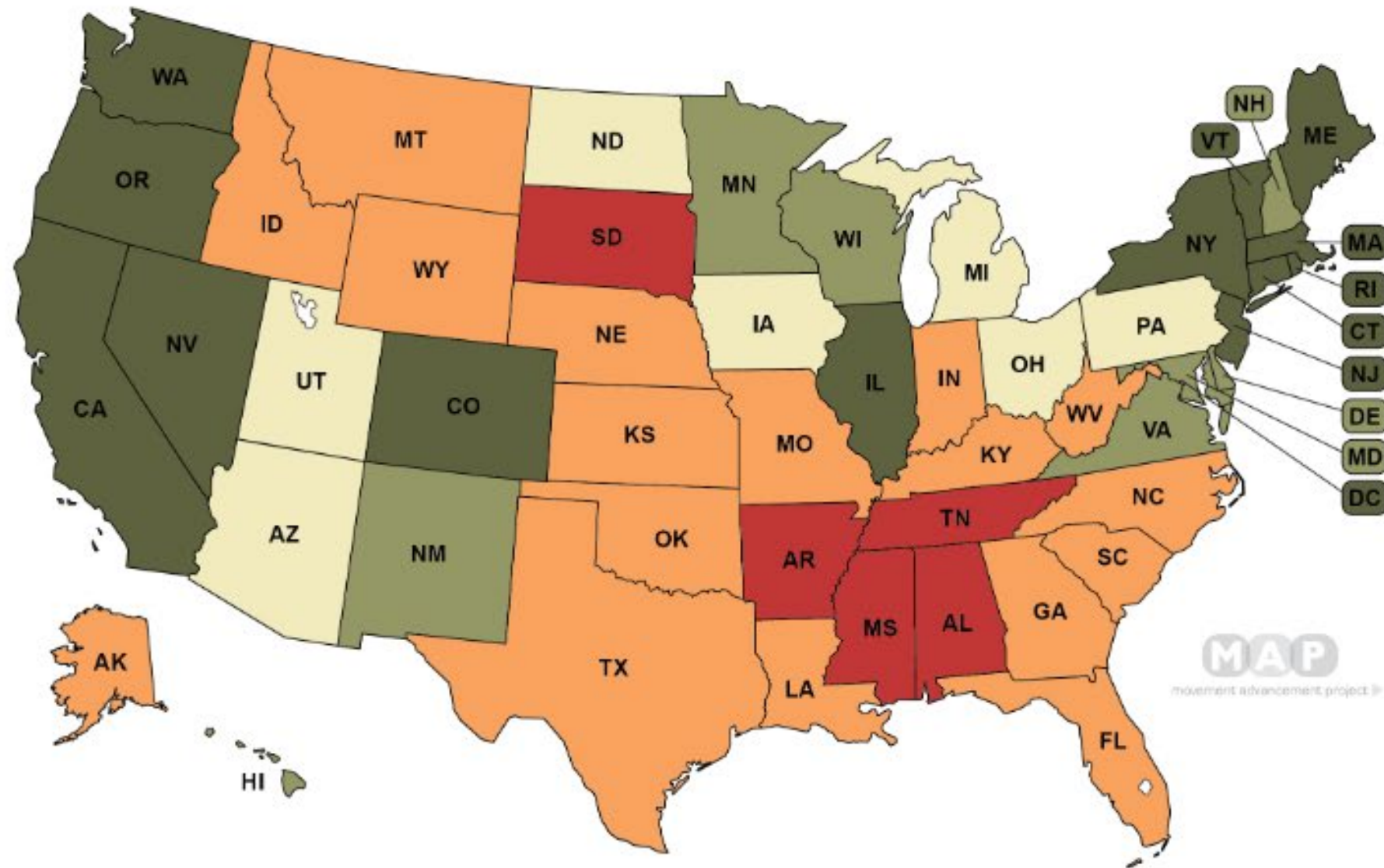
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LGBTQ+ Equality Score

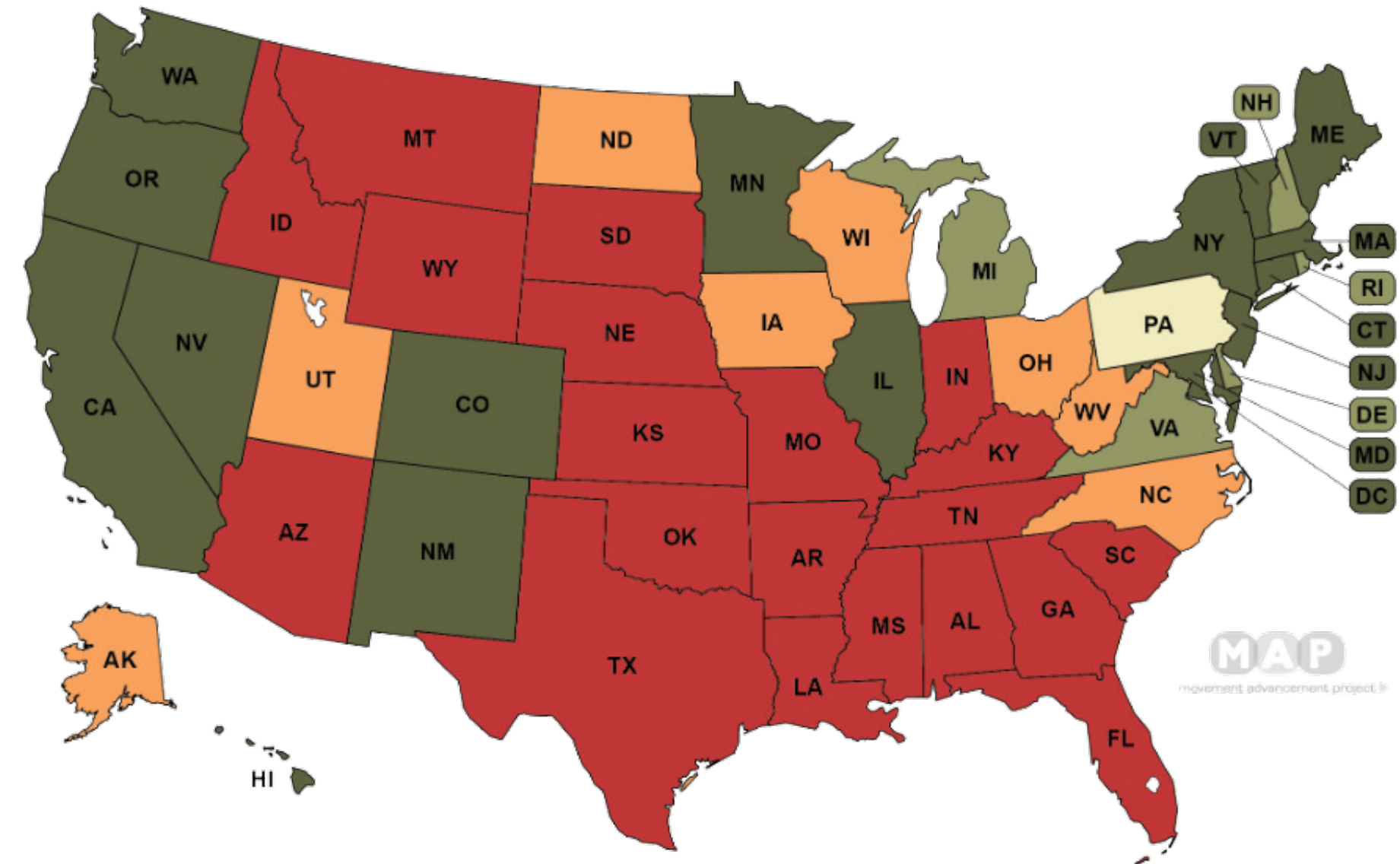


Equality Scores Compared

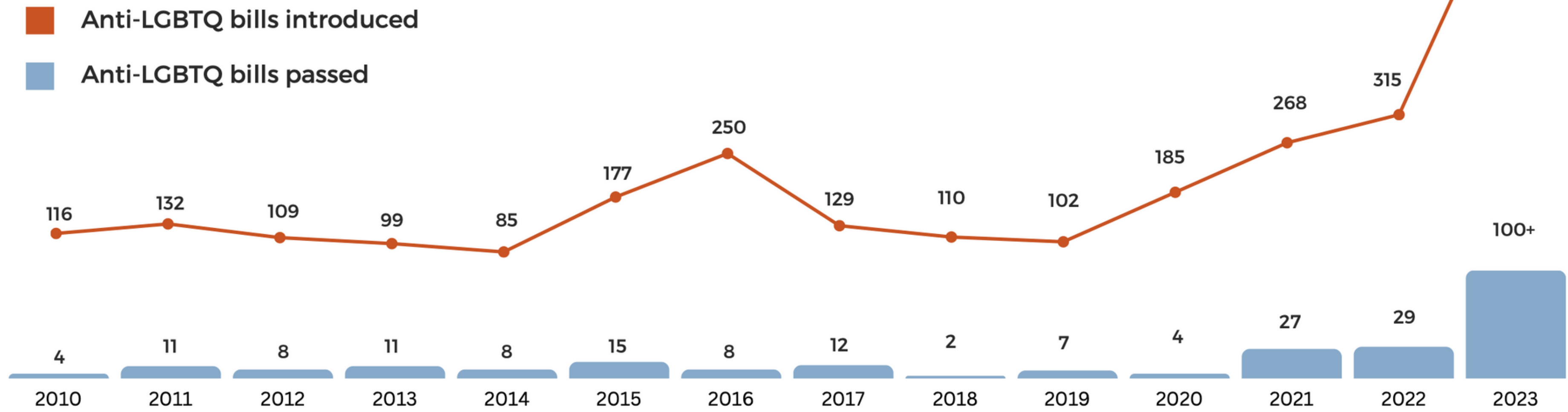
LGB+ Equality Score



Trans Equality Score




Number of Anti-LGBTQ Bills Introduced and Passed, 2020-2023



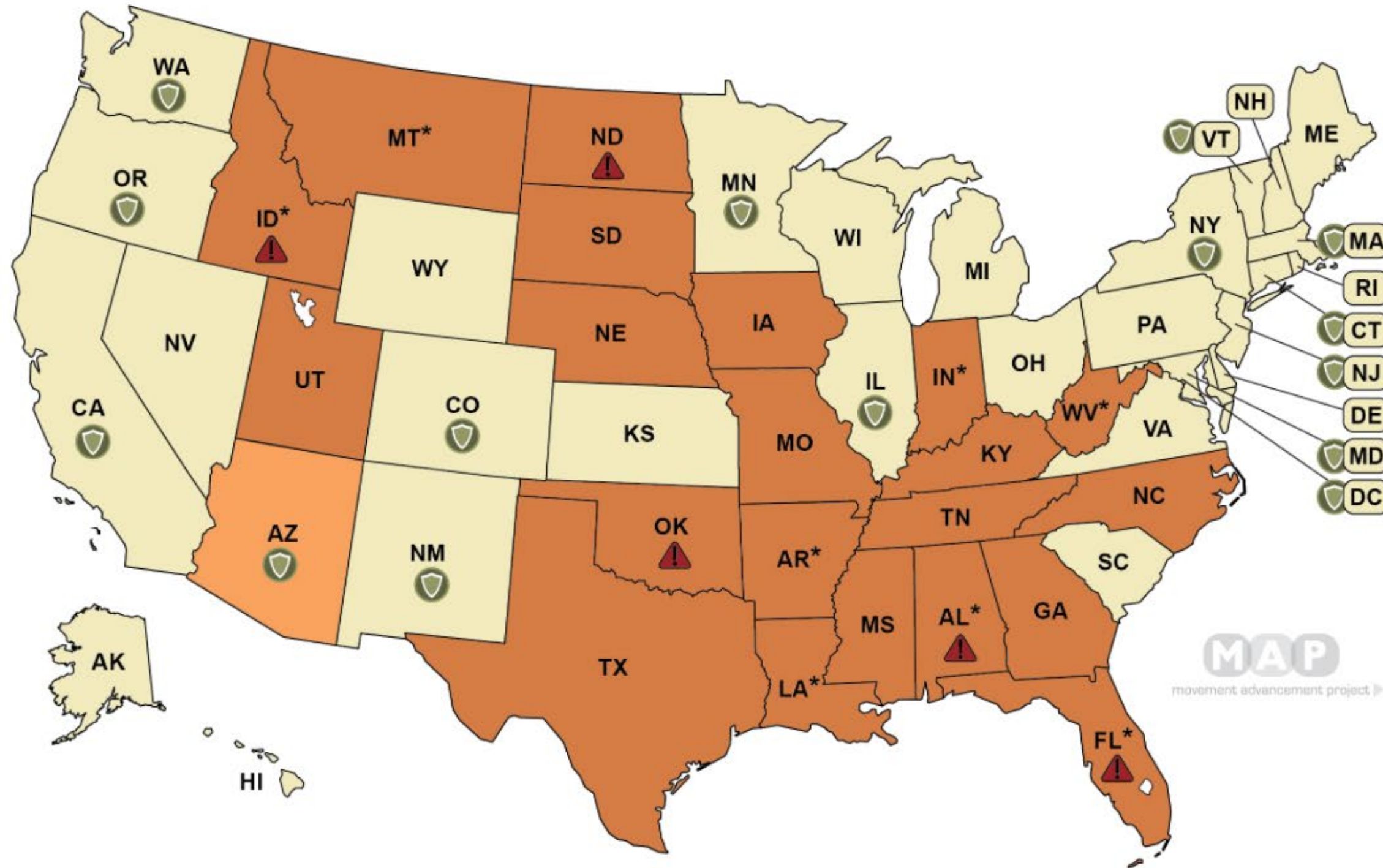
Source: data adapted from Human Rights Campaign and the Equality Federation's [State Equality Index](#) (2022), and updated with 2023 tracking by MAP. As of August 28, 2023.









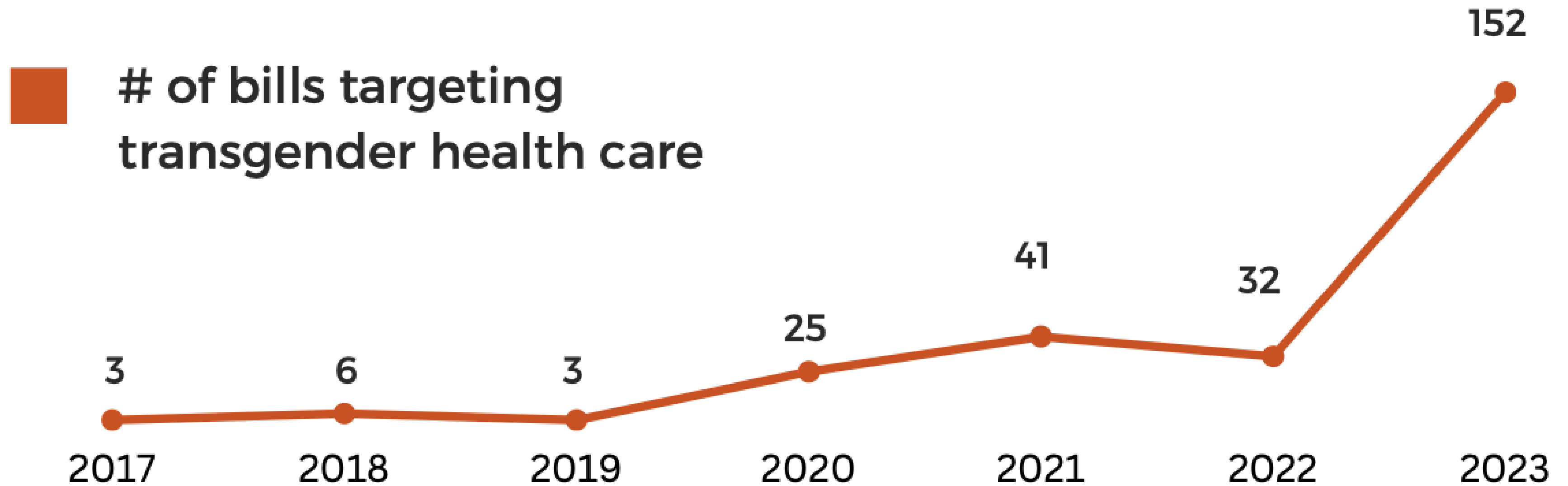
Anti-Trans Legislation

- 
- A close-up photograph of a person's open palm, facing the viewer. On the palm, there is a tattoo of the transgender flag, which consists of horizontal stripes of light blue, pink, and white. The hand is positioned in the background, slightly to the right, behind the text.
- Restrict Access to Transgender Medical Care
 - Ban Representation and Protection in Schools
 - Ban Participation in Sports
 - Restrict Access to Accurate Identity Documents

Bans on Medical Care for Trans Youth

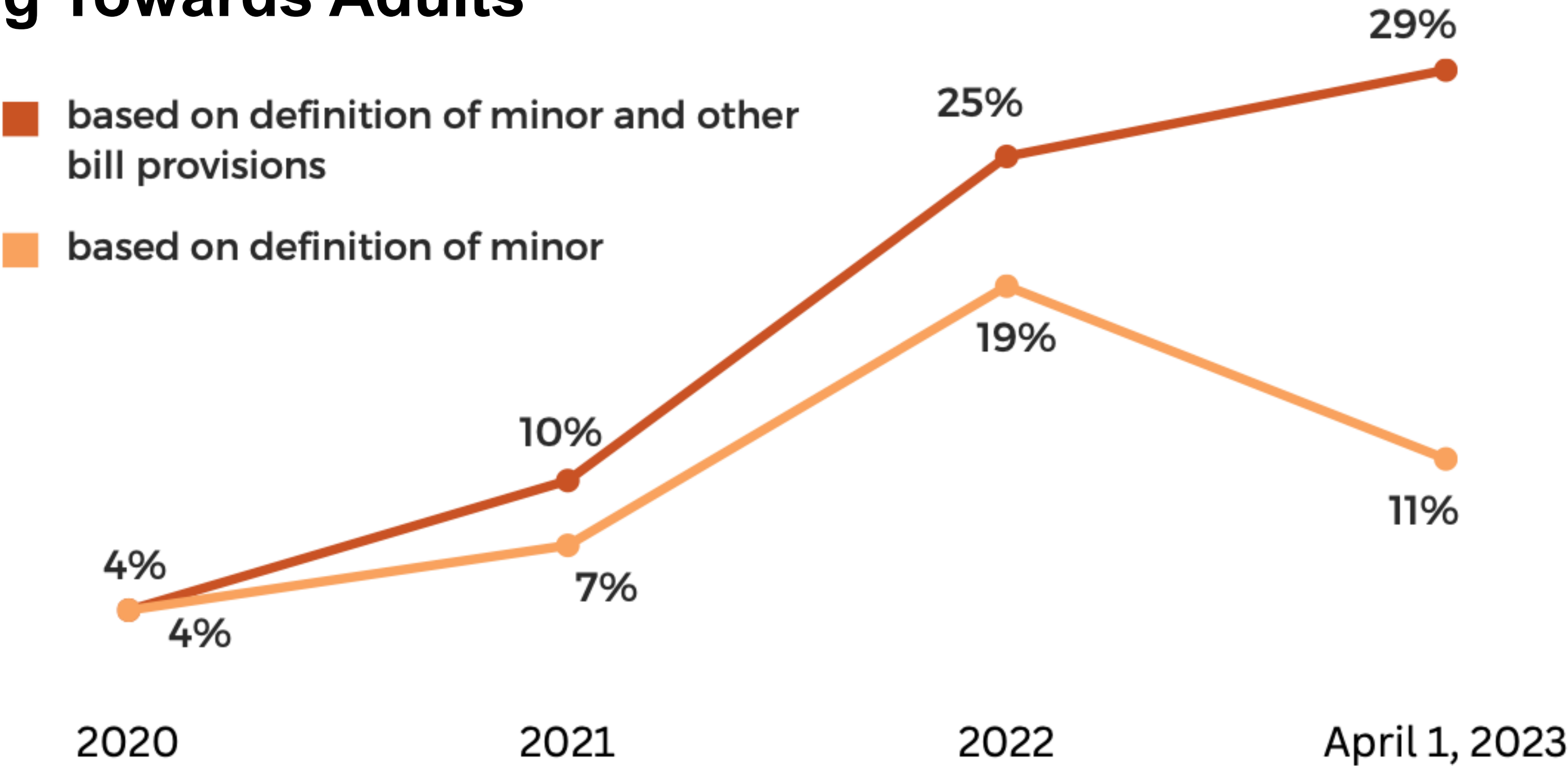


-  State has "shield" law protecting access to transgender health care ([see this map for more information](#)) (14 states + D.C.)
-  State bans best practice medication and surgical care for transgender youth, though ban may not be in effect (see note) (21 states)
-  State bans best practice surgical care for transgender youth (1 state)
-  State does not ban best practice medical care for transgender youth (28 states, 5 territories + D.C.)
-  State ban makes it a felony crime to provide best practice medical care for transgender youth (5 states)
-  State has taken steps to ban or restrict best practice medical care for transgender youth, but state law does not ban this care (see note) (0 states)



Source: MAP original analysis. Data as of August 28, 2023.

Creeping Towards Adults



Note: “Other provisions’ primarily refers to bans on state funding for medical care, regardless of the person’s age. Source: MAP original analysis. Data as of April 1, 2023.

**Bans Overturned,
Enjoined, or Paused**

- Arkansas
- Florida
- Indiana
- Montana

**Bans Upheld or
Allowed to Proceed**

- Alabama
- Georgia
- Kentucky
- Missouri
- Nebraska
- Oklahoma
- Tennessee
- Texas
- Idaho*
- North Dakota

**Pending First
Decision**

- North Carolina

 **BREAKING**

GLMA IS SUING THE STATE OF MISSOURI TO DEFEND GENDER- AFFIRMING CARE

GLMA TAKES LEGAL ACTION
TO BLOCK MO SENATE BILL 49



 **BREAKING**

GLMA IS SUING THE STATE OF TEXAS TO DEFEND GENDER- AFFIRMING CARE

GLMA TAKES LEGAL ACTION
TO BLOCK TX SENATE BILL 14



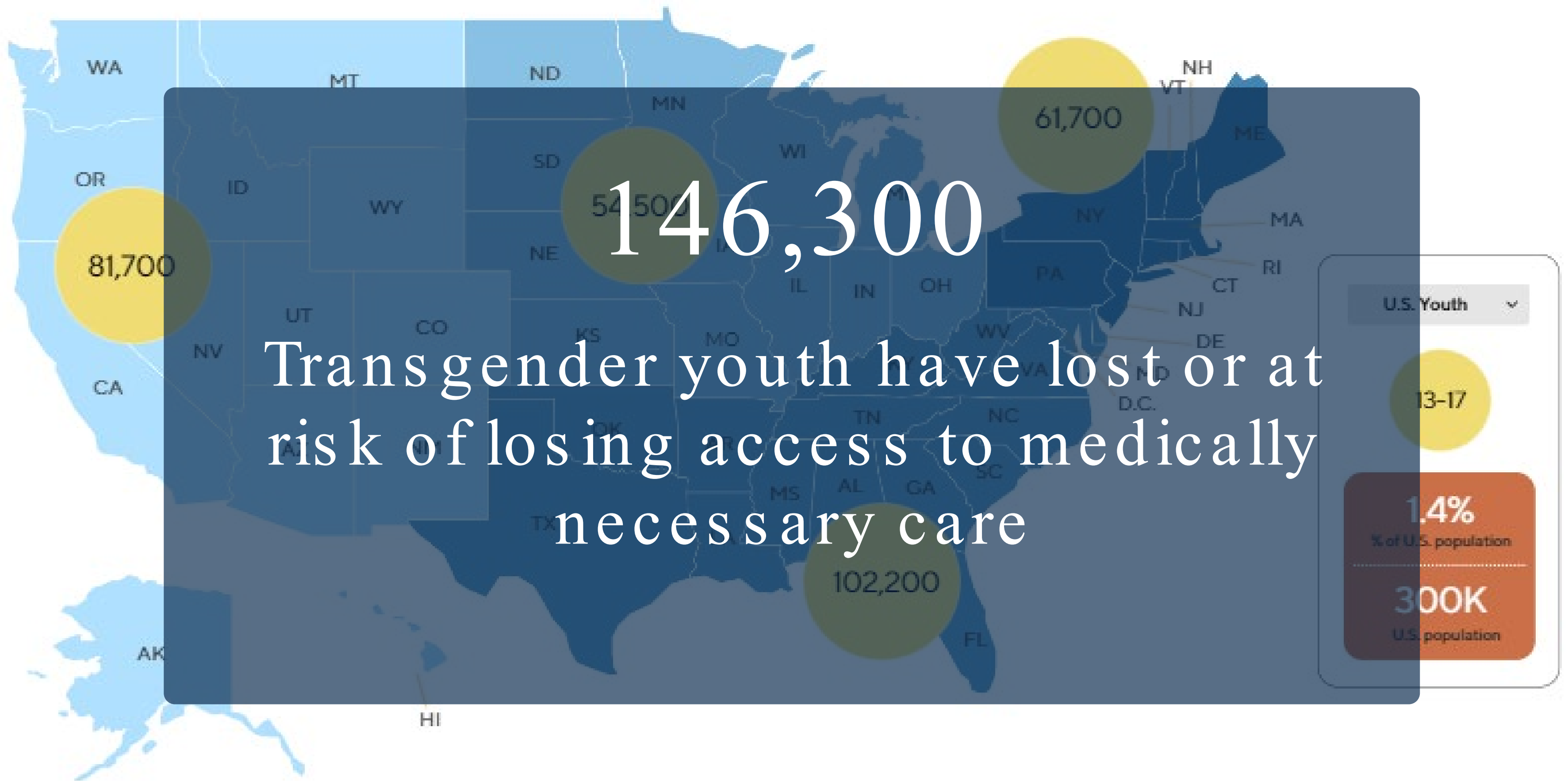


The Impact



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Number of Trans Youth in the US



"These are kids who are confused about who they are and they are confused about who they are because of what they are seeing on the internet, what they see on social media and they are also confused, many of them, because these victims of ***this billion-dollar industry that mutilates the genitals of children***, many of these victims have diagnoses of autism, mental illness, they have depression, anxiety, psychosis."

-Marjorie Taylor Greene, GA Representative

"We're going to defend women in this state. That means if you're a man on Friday night, and all the sudden on Saturday, you feel like a woman, and you want to go in the women's bathroom in the mall, you will be arrested — or whatever we got to do to you."

If you are confused, find a corner outside somewhere to go. We're not tearing society down because of this."

-North Carolina's Lt. Gov. Mark Robinson



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"These are kids who are confused about who they are and they are confused about who they are because of what they are seeing on the internet, what they see on the internet."

"For the good of society... transgenderism must be eradicated from public life entirely."

this billion-dollar industry of children, many of these victims have
genitals
diagnosed

-Michael Knowles, Conservative Political Action Conference (CPAC)

-Marjorie Taylor Greene, GA Representative

"We're going to defend women in this state. That means if you're a man on Friday night, and all the sudden on Saturday you feel like a woman, and you want to go to the women's bathroom in the mall, you got to do to you."

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The Impact

- 41% of LGBTQ young people seriously considered attempting suicide in the past year —and young people who are transgender, nonbinary, and/or people of color reported higher rates than their peers.
- Nearly 1 in 3 LGBTQ young people said their mental health was poor most of the time or always due to anti-LGBTQ policies and legislation.
- 86% of trans and non-binary young people said that the recent debates over anti-transgender legislation have negatively impacted their mental health.

Impact on Providers

Bomb threat shuts down OHSU clinic after anti-trans information posted online

Boston Children's Hospital receives bomb threat following harassment over transgender care



In a survey of mental health and medical providers across the U.S., 70% shared that either they, their practice, or their institution had received threats specific to delivering gender-affirming care.

(Hughes et al., 2023)



What Can We Do?



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Continuing Education

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GLMA'S 42ND ANNUAL CONFERENCE ON LGBTQ+ HEALTH

SEP 30 - OCT 2, 2024

Charlotte, NC

EARLY BIRD
REGISTRATION IS
NOW OPEN!

glma.org/conference

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violet

Education

Gender-affirming care: writing support letters

Reproductive health: contraceptive counseling in Latinx/e communities

Gender-affirming care: hormone therapy

Insights to power inclusive health care.

Violet's On-Demand CME/CE Catalog
Now Included in GLMA Membership!

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