



# MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH

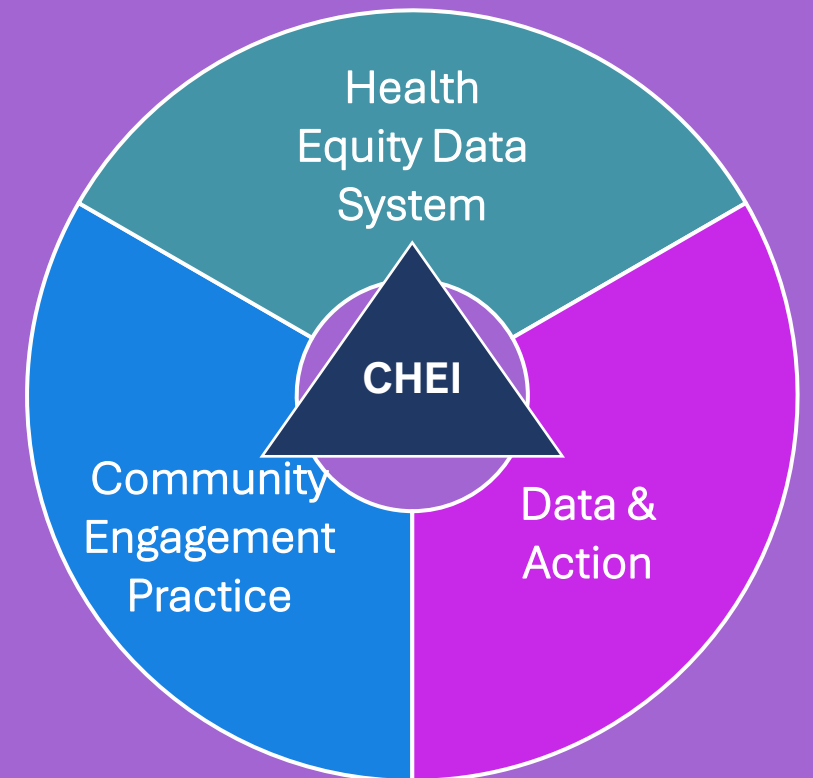
## Community Health Equity Initiative (CHEI)

Community Health Equity Survey 2023

Mental Health Spotlight

Part 3: Inequities in Mental Health

LGBTQA+ Community



# 2023 CHES MENTAL HEALTH SPOTLIGHT



## Part 3: Inequities in Mental Health

Part 3 of the 2023 CHES Mental Health Spotlight showcases findings from the 2023 CHES that highlight inequities in mental health across communities of focus.

This slide deck is meant to be viewed after you have read through Part 1 and Part 2 of the Mental Health Spotlight. To access the entire spotlight and the full mental health report, please visit the 2023 CHES Mental Health Spotlight page on [www.mass.gov/CHEI](http://www.mass.gov/CHEI).

Part 1: Community Health Equity Initiative Overview

Part 2: Mental Health in Massachusetts: Equity Framing and Data Overview

**Part 3: Inequities in Mental Health**

Part 4: Drivers of Mental Health Inequities

Part 5: Promoting Mental Health: Potential Areas of Action to Address Root Causes of Inequities

# MENTAL HEALTH IN MASSACHUSETTS



## Communities Experiencing Inequities in Mental Health: LGBTQA+

### Diversity Within the LGBTQA+ Community

The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Asexual (LGBTQA+) community includes individuals with a diverse range of identities and expressions of gender and sexual orientation and experiences

### History of Discrimination, Violence, Oppression

The LGBTQA+ community have experienced a long history of discrimination, violence, and denial of civil and human rights.

### Mental Health Inequities within the LGBTQA+ Community

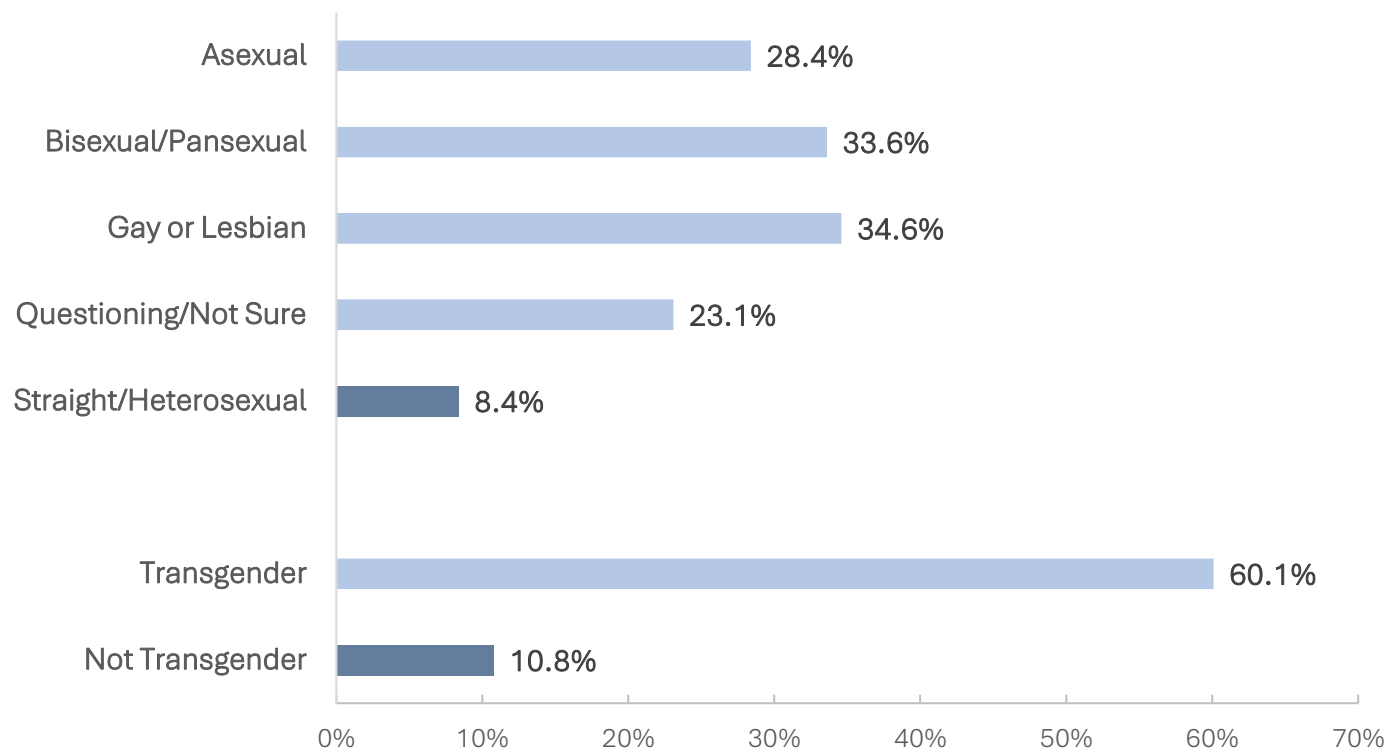
Structural and social drivers of health contribute to members being at higher risk for many poor mental health outcomes, including depression, anxiety, and substance misuse.

# MENTAL HEALTH IN MASSACHUSETTS



## Communities Experiencing Inequities in Mental Health: LGBTQA+

### Youth (Aged 14-17) Suicidal Ideation by Sexual Orientation and Transgender Identity



- Overall, adults and youth who identify as LGBTQA+ had significantly higher rates of psychological distress, suicidal ideation, and social isolation compared to straight and cisgender respondents.
- 6 in 10 youth identifying as Transgender reported suicidal ideation. That rate is over 5 times higher compared to youth who do not identify as transgender.

# MENTAL HEALTH IN MASSACHUSETTS



## Communities Experiencing Inequities in Mental Health: LGBTQA+

### LGBTQA+ Adults

Adults identifying as **Bisexual**, **Pansexual**, **Queer**, or **Questioning** had over twice the rate of psychological distress compared to adults identifying as heterosexual.

Adults identifying as **Queer** were 6.4 times as likely to report suicide ideation compared to adults identifying as heterosexual.

Adults who identify as **Transgender** were 2.5 times as likely to report high or very high psychological distress, 2.0 times as likely to report suicidal ideation, and 6.4 times as likely to report being socially isolated compared to those not identifying as transgender.

Over 7 in 10 **Non-Binary** Adults reported having high or very high psychological distress, 2.3 times the rate of female adults.