

# Navigating Mental Health in the LGBTQ+ Community: A Guide to Intersectionality, Systemic Barriers, and True Allyship

Presented by William D. Stinchcomb, LPCC-S, CDCA (OH), LMHC (FL, MA), LPC (CO)

LGBTQ+ mental health is heavily driven by Social Determinants of Health (SDOH). Sexual minorities face up to a 7x higher risk of childhood trauma, leading to chronic PTSD, homelessness, and higher suicide rates. Providers must treat the entire intersectional reality of the client, not just their diagnosis.

## ● Actionable Allyship in Practice

True allyship is the intentional, self-sacrificing use of privilege to promote inclusion. It requires "Brave Work."

### 1. Acknowledge Intersections

- *Instead of:* "I treat everyone exactly the same, regardless of identity."
- *Try:* Tailoring care to a client's specific systemic burdens (e.g., acknowledging the unique, compounding trauma of a Black transgender woman versus a white cisgender gay man).

### 2. Treat the Whole Person

- *Instead of:* Focusing solely on reducing the clinical symptoms of anxiety or depression.
- *Try:* Assessing SDOH first. You cannot medicate structural trauma. Evaluate housing stability, employment discrimination, and community isolation before assuming a clinical deficit.

### 3. Lean into "Brave Work"

- *Instead of:* Avoiding sensitive topics regarding sexuality or gender out of fear of using the wrong terminology.
- *Try:* Embracing the discomfort. Ask clarifying questions and explore how systemic discrimination actively impacts your client's daily functioning.

## Bring This Clinical Training to Your Agency

Equip your workforce to deliver truly intersectional, trauma-informed behavioral healthcare.

### Pure Honey Counseling & Wellness Services, LLC

Specializing in comprehensive mental health, trauma, and culturally responsive care for residents across Ohio, Colorado, Florida, and Massachusetts.

✉ **Contact:** [info@purehoneycounseling.com](mailto:info@purehoneycounseling.com) | 🌐 **Learn More:** [www.purehoneycounseling.com](http://www.purehoneycounseling.com) |

🔗 **Connect:** [www.linkedin.com/company/phcws](http://www.linkedin.com/company/phcws)