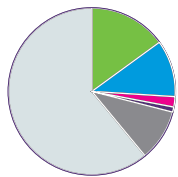


LGBTQIA+ People of Color

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues facing LGBTQIA+ People of Color and invite you to learn more.

Did you Know?

39% of LGBTQIA+ adults identify as people of color



- 15% Latinx
- 11% Black
- 2% Asian Pacific Islander
- 1% Native American
- 10% Other People of Color
- 61% White LGBTQIA+

1 in 5 youth in the juvenile justice system identify as LGBTQIA+ (85% of whom are people of color)



LGBTQIA+ POC have high rates of unemployment

15%

Black LGBTQIA+ adults

14%

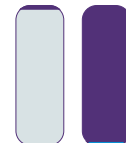
Latinx LGBTQIA+ adults

11%

Asian Pacific Islander LGBTQIA+ adults

People of Color are underrepresented in the mental health professional field

Psychologists:



98% White
2% Black

Social Workers:



96% White
4% Black

Did You Know?

There is a link between experiencing racism as a Black American and experiencing stress and anxiety

Learn more:

<https://www.anxiety.org/black-americans-how-to-cope-with-anxiety-and-racism>

Data from Funders for LGBTQ Issues

Take Action

Learn how to LISTEN.

Active listening can help foster better understanding with LGBTQIA+ POC. Ask follow-up questions, practice paraphrasing and prioritize validation, even when their experience lead to feelings of discomfort.

Understand your own implicit bias.

Sometimes the way our brain thinks isn't the same as how our heart feels. Take a bias test (without self-judgement) to expand your understanding of how you see the world.

<https://implicit.harvard.edu/implicit/takeatest.html>

In the Workplace

Make your workplace a Safe Space for LGBTQIA+ employees.

Provide annual cultural competence trainings.

Here's our go-to recommendation if you need somewhere to start:

<https://thinkculturalhealth.hhs.gov/education/behavioral-health>

Need Help?

Trans Lifeline 1-877-565-8860

The Trevor Project 1-866-488-7386, or text START to 678678

988 Suicide and Crisis Lifeline Call or text 988 or chat 988lifeline.org/chat

Crisis Text Line Text Got5 to 741741

OMH's Customer Relations 1-800-597-8481



Office of Mental Health