



# Social Support

## LGBTQ Support Services

Black women that identify as lesbian, bisexual, gay, transgender, and questioning experience the same barriers to receiving quality mental health services as heterosexual Black women. However, Black LGBTQ women encounter additional barriers due to prejudice and discrimination on the basis of their sexuality. Black LGBTQ women experience poorer psychological and social well-being due to experiencing more discrimination in comparison to White women.

Searching for mental health services that are Black LGBTQ-friendly can be difficult and many mental health providers do not know how to treat Black LGBTQ people.

### **Below are some tips to help you navigate finding Black LGBTQ-friendly mental health services:**

- Ask people within your Black LGBTQ circle of support about seeking mental health services: You may not be the first person within your circle of support to seek mental health services. People within your circle of support may already know of a Black LGBTQ-friendly service provider. Asking people that you trust about a service provider may connect you with a great helping professional.
- If you are uncomfortable coming out and being open with your provider, bring a supportive friend or family member to your appointment. Bringing a supportive friend can help you if you do encounter prejudice while seeking service.
- Seek referrals from a LGBTQ social service organization: If you live within a major city, finding an LGBTQ social service organization can be easy, while in other locations it can be difficult. LGBTQ social service organizations, such as LGBT Community Centers, can refer you to a trusted helping professional or organization.



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- **Use the National Queer & Trans Therapists of Color Network:** This website has over 800 providers of color that provide mental health services to Black LGBTQ people. **Visit this site here:** <http://www.nqttn.com/>
- **Contact a Black LGBTQ National Advocacy Organization:** National organizations, such as the **National Black Justice Coalition** and the **Zuna Institute** are great resources to look into for direction in finding Black LGBTQ social service organizations within your city. Click here for more Black LGBTQ social service organizations.
- **Contact a LGBTQ National Association & Search Database:** There are national associations of LGBTQ helping professionals that provide referral sources. National associations and search databases include: Association of Gay and Lesbian Psychiatrists, Gay and Lesbian Medical Association, Psychology Today, and The Community of LGBT Centers.