

## LGBTQ+ Health

# Mental health support for the LGBTQ+ community

Find empathetic, culturally inclusive care that respects your identity.

## Taking care of yourself.

At Included Health's LGBTQ+ Health, our dedicated Care Team understands that booking your next doctor's appointment isn't always as simple as it sounds. We know that finding the right therapist can take time and effort. We're here to help you prioritize your mental health and find any care you need.

## Taking care of your community.

We all thrive when we care for our community as well as ourselves. One way to create a more caring community is to find an "accountability buddy"—someone you can check in with and who checks in with you. Whether it's as simple as texting about your day-to-day plans or helping one another to be healthier, an accountability buddy can be a huge boost to your mental health and overall well-being.

## Taking action with LGBTQ+ Health.

We're here to help make healthcare mountains feel like molehills and to remind you that taking care of yourself can mean reaching out to others. With Included Health's LGBTQ+ Health, every member or their covered dependent gets a dedicated Care Advocate for help accessing care.

“

Bettering your mental health isn't just about therapy. It's about adding things to your life that make a positive difference and bring you joy.”

—Care Advocate



Get care.



## We're here for all your healthcare questions:



### Mental well-being

I'm looking for a culturally affirming therapist. Can I find someone who identifies like me?



### Community support

I want to come out at work, but don't want to talk to anyone at work about it just yet. Can you help?



### Gender-affirming care

Can you support me in finding a mental health provider who can write a letter confirming my need for gender-affirming care?



### Network deficiency

My provider is the only provider in my area who meets my needs. Can you help me get this covered by my insurance?

Included Health is HIPAA-compliant, which means your information is kept private.

## Resources

### Instagram

@ItGetsBetter  
@glsen  
@trevorproject  
@zoestoller  
@includedhealth

### Podcasts

[Queer Health Pod](#)  
[Pride in Our Health](#)

### Blogs

Read Included Health's LGBTQ+ Health blog on our site for stories from mental health professionals, hear firsthand from queer and trans folks about the value of culturally affirming therapy, and more.

### Books

- "The Body Keeps the Score" by Bessel Van der Kolk
- "The Queer and Transgender Resilience Workbook" by Anneliese A. Singh
- "The Shame Factor" by Stephan B. Poulter
- "(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health", edited by Kelly Jensen



Get care.

Designed to treat you better.™