

LGBTQ+ affirming mental health resources

Find compassionate care that considers your needs and reflects your identity.



Taking care of yourself

At Included's LGBTQ+ Health, our queer- and trans-led Care Team understands that booking your next doctor's appointment isn't always as simple as it sounds. We're here to help you prioritize your well-being and help you access 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 Included's 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's LGBTQ+ Health, every member gets a dedicated care coordinator for help accessing care. Whether you or someone in your life needs a hand, Included's LGBTQ+ Health is here to help.

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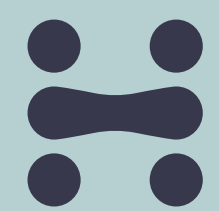
Bettering your mental health isn't just about therapy. It's about adding things to your life that make a positive difference and bring you joy.”

—Your care coordinator

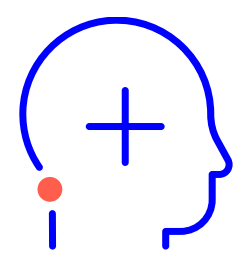
Get care.

includedhealth.com/member

LGBTQ+ Health

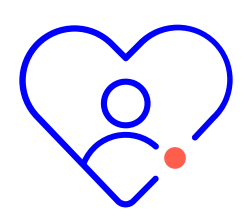


We're here for all your healthcare questions:



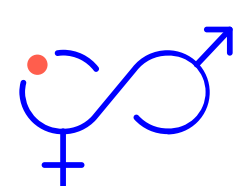
Mental wellbeing

I'm looking for an LGBTQ+ 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

- @nedratawwab
- @somaticwitch
- @trevorproject
- @themshealth
- @includedhealth

Podcasts

- Tara Brach
- Radio

Blogs

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

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