Let's Talk: Finding LGBTQIA+ friendly care

You deserve affirming, inclusive mental well-being support. Here's how to find it.

LET'S TALK.

Finding a provider who truly sees your LGBTQIA+ identity, and all the identities that shape your experience, is key. A therapist with this awareness can provide care that considers the full scope of your experiences, addressing the unique challenges that arise from multiple perspectives. Here's how to start and what to expect.

1. Start with online searches and referrals

Use search engines to find LGBTQIA+ friendly therapists in your area. Websites often have lists of professionals who specialize in LGBTQIA+ care.

→ Psychology Today allows you to filter providers by identities like gender and LGBTQIA+ identity as well as whether they specialize in a certain type of identity care.

→ Join a virtual support group. Many social media platforms offer private groups where communities share culturally appropriate mental health resources and support.

→ Search online. Combine your identity, faith, or community with terms like "mental health support" or "counseling programs" for tailored options.

You can also check with local churches, mosques, and synagogues; many offer support groups or counseling services. Also, look into nonprofits that align with your values or identity. They often have mental health programs designed for specific communities.

2. Ask for referrals from people you trust

Friends, local LGBTQIA+ centers, or online communities can help you find professionals who are LGBTQIA+ friendly. People who have had good experiences can share helpful leads.

3. Find a safe and welcoming space

Make sure the provider's office feels safe and inclusive. Look for signs, like Pride flags or LGBTQIA+ books, that can show the space is welcoming.

4. Evaluate the fit

Once you meet with a professional or group, ask yourself whether it felt like a good fit for you. Even if they are LGBTQIA+ affirming, you still want to feel comfortable and supported. It might take a few sessions to know for sure. If it doesn't feel right, it's okay to switch and try someone new. Therapy should be a space where you feel safe, heard, and understood.
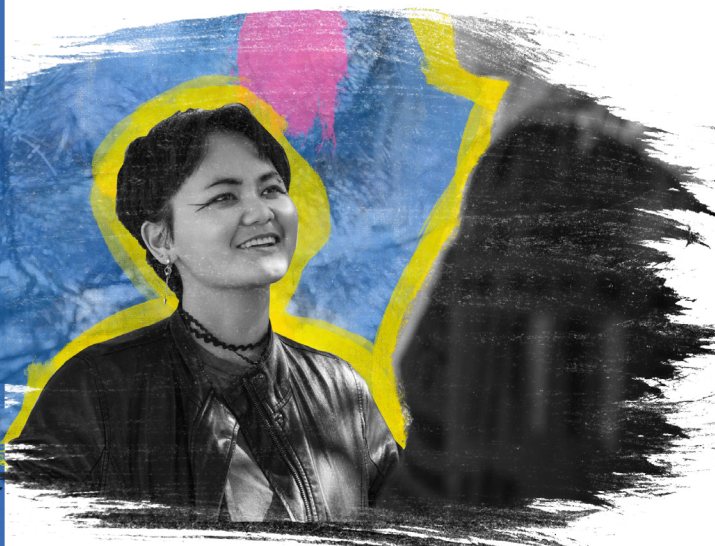
Create a network that has your back.

Surrounding yourself with the right people makes all the difference. Learn how to build your support system.

Attend LGBTQIA+ Events and Groups

Going to LGBTQIA+ support groups, meetups, advocacy events, or even drag shows can help you find others who understand your experience. These informal spaces provide emotional support, community, and helpful resources. Chosen family — people who love and affirm you — can be just as vital as traditional support systems

Peer Support in Your Community

Talking to others who share your experiences can be a powerful way to find support. Many people feel comforted and understood by others in the LGBTQIA+ community, especially those with similar challenges.

Need Immediate Support?

Call or text 988, or chat at 988Colorado.com to connect with trained mental health specialists. Free. Confidential. 24/7.

Find more helpful tips at LetsTalkCO.org