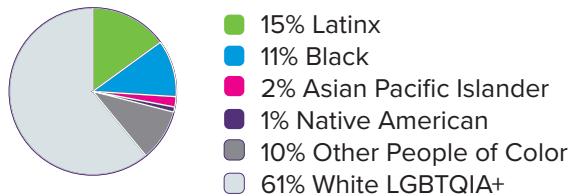


LGBTQIA+ People of Color

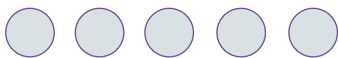
OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues facing LGBTQIA+ People of Color and invite you to learn more.

Did you Know?

39% of LGBTQIA+ adults identify as people of color



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

Take Action

Learn how to LISTEN.

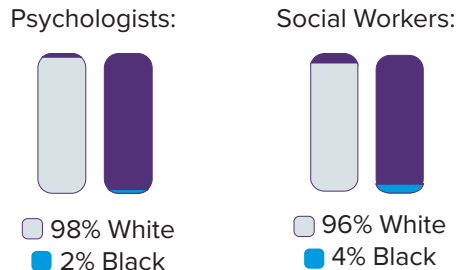
Active listening can help foster better understanding with LGBTQIA+ POC. Ask follow-up questions, practice paraphrasing and prioritize validation, even when their experience lead to feelings of discomfort.

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>

People of Color are underrepresented in the mental health professional field



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

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
- National Suicide Prevention Lifeline 1-800-273-8255
- Crisis Text Line Text Got5 to 741741
- NY ProjectHOPE Emotional Support Line 1-844-863-9314
- OMH's Customer Relations 1-800-597-8481



Office of Mental Health