



# How Identity Impacts Mental Health



## in the LGBTQ+ Community

### Why Identity Matters

Within the LGBTQ+ community, identity is important because it offers a sense of self while making people feel seen and heard. It can also create a welcoming and inclusive environment for all identities within the community.

### Pronouns Hold Power

Using appropriate preferred pronouns can create a sense of validation. Being mislabeled can have a negative impact on the mental health of the community by taking away their sense of self and can lead to a sense of isolation and depression.



### Anti-LGBTQ+ Slurs Are Harmful

Anti-LGBTQ+ and/or homophobia slurs can cause mental and emotional harm. Using these slurs can perpetuate dangerous stereotypes about the community and increase the need for mental health care.

### Effective Ways to Address Identity

and create inclusive and affirming environments:

- Don't assume a person's gender identity based on perception, instead ask about preferred pronouns.
- Share your pronouns when making introductions, including on email signatures and social media bios.
- Use gender neutral language when addressing groups of people who haven't shared their pronouns.



### Resources

Check out these helpful mental health resources. Learn more about [anxiety](#), [depression](#) and the [LGBTQ+ community](#). For more information visit: [www.adaa.org](http://www.adaa.org)