

TRANS-INCLUSIVE CARE:

Strategies for Supporting Gender Diverse Individuals

WHAT'S AT STAKE?

- Trans adults are more likely to report much higher levels of serious psychological distress, suicidal ideation, lifetime suicide attempts, and non-suicidal self-injury; non-binary individuals are at greatest risk.⁵
- 62% of trans men & 49% of trans women under 17 have depressive disorders; 40% of transgender men & trans women under 17 have anxiety disorders.¹
- 17.6% of trans youth and adults reported an eating disorder diagnosis in the past year, compared to 1.8% of cisgender female individuals.²
- Approximately 20-40% of the 1.6 million unhoused people in the United States are LGBTQ+.⁶
- 1 in 5 trans people have been unhoused, and over 1 in 10 have been rejected from their homes due to being trans.⁶

SOLUTION 1: CREATING A WELCOMING CLINICAL SPACE

Research shows that gender-affirming therapy, peer support, and family acceptance improve mental health among trans people.³

Providers can:

- Listen non-judgmentally.
- Avoid gender-specific language until an individual has been consulted about their name and pronouns.⁶
- Utilize person-focused, trauma-informed care.
- Be honest about mistakes and show a willingness to learn.⁶
- Continually educate themselves on current resources and best practices.⁴ ([read more](#))



SOLUTION 2: SCREENING FOR MENTAL HEALTH NEEDS

Due to high risk, evidence suggests that all transgender youth and adults should be screened for:

- Depression
- Anxiety
- Self-harm and suicide risk
- Eating disorders (see toolkit below)



SOLUTION 3: REFERRAL TO LOCAL RESOURCES

Refer to trans-healthcare specialists, therapists, and peer support groups

- For gender affirming medical care, social services, youth and young adult peer support, and family/guardian support groups, try **Lurie Children's Hospital** ([link](#))
- For trans peer support groups and 1:1 mentoring, therapy, family resources, and legal support try **Center on Halsted** ([link](#))
- For gender affirming medical and mental health care on a sliding payment scale, try **Howard Brown Health** ([link](#))
- For access to safe housing and employment services, try **Chicago House** ([link](#))



SELECTED REFERENCES (full list available upon request)

[Eating disorders screener link](#)

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