

## Affirming Mental Health Care For LGBTQ+ Individuals: A Pride Month Guide

### Mental Health in the LGBTQ+ Community

Research indicates that societal stigma, discrimination, and the denial of civil and human rights contribute to health disparities among LGBTQ+ individuals.

This discrimination is linked to higher rates of psychiatric disorders, substance abuse, and suicide within the LGBTQ+ community.

Among U.S. adults,

**4.5%**

Identify as lesbian, gay, bisexual, or transgender.

over  
**39%**

Reported experiencing mental illness in the past year.

### About Our Wisteria Program

Providing a safe, affirming environment, the Wisteria Program helps LGBTQ+ individuals address various mental health conditions such as:

Situational or  
clinical depression

Anxiety

Suicidal thoughts

Self-harm

Other behavioral  
health concerns

Through evidence based treatment modalities, trauma-informed care, and individual treatment plans, our team is ready to support the unique needs of anyone who walks through our doors.

### Messages of Hope From Our Patients

*"I'm trans and I was hospitalized at Malvern for two weeks...It was a life-changing positive experience."*

- Anonymous Alumni

*"[The Staff] made me feel worthwhile and deserving of love and care, even when my brain told me I wasn't."*

- Anonymous Alumni

*"Malvern saved my life, and I don't say that lightly."*

- Anonymous Alumni

### Get Help Today

Located in the Greater Philadelphia Area, we are currently accepting patients ages 18-25 and adults seeking LGBTQ+ behavioral health support. Get in touch with a team member to see how we can help today!

Call Now: 610-480-8919 | Email: [admissiona@malvernhealth.com](mailto:admissiona@malvernhealth.com)

### Pride Month Resources

Read our blog to learn more about mental health and the LGBTQ+ community.

[www.malvernbnh.com/blog/category/lgbtq/](http://www.malvernbnh.com/blog/category/lgbtq/)