

LGBTQ+ Health

Health disparities amongst LGBTQ youths are linked to stigma. They are more than twice as likely as heterosexual men and women to have a mental health disorder in their lifetime.

39% *LGBTQ youths who have contemplated suicide over the past 12 months.*

28% *LGBTQ youths who felt depressed most or all of the time over the past month.*

2.5x *LGBTQ individuals are 2.5x more likely to experience depression, anxiety, and substance misuse.*

RESOURCES

1 Social Support & Therapy

Colors LGBTQ Youth Counseling & Community Center:

Provides therapy for individuals suffering from bullying and low self esteem.

LGBTQ Orange County Youth Services: Hosts youth support groups.

South Bay LGBTQ Center: Offers various social programs and activities designated for transgender individuals, bisexual individuals, and many more.

CityX1: Hosts free social events/programs aimed at emotional support for at-risk and homeless LGBTQ youths between ages of 14-24.

2 Medical Care & Treatment

Los Angeles LGBT Center: Offers primary care for both men and women, HIV care, social support programs, a transgender health program, etc. La

Fuente Hollywood Treatment Center:

Rehabilitation center that specializes in treating LGBTQ addiction.

Online Resources

Behavioral Health

- > **findtreatment.samhsa.gov** was created specifically to locate behavioral health treatment services.
- > **mentalhealth.gov/get-help/health-insurance** has information on health insurance and mental health coverage.
- > **effectivechildtherapy.org** helps patients look up symptoms and treatments for common mental health concerns.
- > For resources for parents of children with behavioral health concerns, visit **pacercm.org/cmh**

Substance Abuse

- > **teen.smokefree.gov** is a texting support service for teens looking to combat their nicotine addiction.
- > **recoverymonth.gov/personal-stories/read** has personal stories of recovery.
- > For families dealing with addiction, visit **americanaddictioncenters.org/guide-for-families-i**

LGBTQ+ Health

- > **thetrevorproject.org** has suicide hotlines and crisis centers with LGBTQ-specific services.
- > The National LGBT Health Education Center, **lgbthealtheducation.org**
- > Parent, Families, and Friends of Lesbians and Gays, **www.pflag.org**
- > World Professional Association for Transgender Health (WPATH), **www.wpath.org**



Mental Health Resources



SCOPE PATIENT HEALTH ADVOCATES

Based in West Los Angeles

www.uclscope.org/patient-health-advocates

Introduction



YOUTH BEHAVIORAL HEALTH SERVICES

Developmental disabilities and behavioral disorders are very common in children. Examples include ADHD (and other learning disabilities), oppositional defiant disorder (ODD), Autism Spectrum Disorder, and more.



SUBSTANCE ABUSE

Addiction affects one's whole life and body. When committing to a program, it is important to explore the different types of resources and which is best suited to your needs.

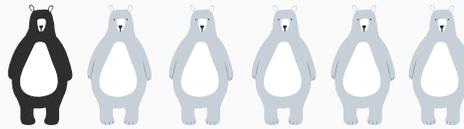


LGBTQ+ HEALTH

Discrimination, bullying, and social isolation are leading risk factors causing ill-mental health amongst LGBTQ youth. Social support, LGBTQ role models, and coping strategies have been shown to improve mental health for at risk individuals.

Behavioral Health

This encompasses the behaviors that contribute to mental well-being and ability to function in daily life. Services include resources for children with behavioral health disorders, developmental delays, learning disabilities, emotional health concerns, and more.



1 in 6 U.S. children aged 2–8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder in 2018.

Substance Abuse

Substance use disorders occur when the consistent use of alcohol and/or drugs causes major declines in quality of life.

19.0

Percentage of LA residents over age 12 who misused prescription drugs.

50 mil

Number of people addicted to nicotine according to the US addiction center.

4,868

Number of drug overdose deaths in CA in 2017, the 4th highest in the US.

RESOURCES

1 Regional Centers

Provide assessments, services, and support to individuals with developmental disabilities for children ages 0-3.

2 Autism Society LA

Hosts events and workshops for parents with children on the spectrum. For events, programs, contact information, and more, visit their site at: <http://www.autismla.org/1/>.

3 LEND Clinic

Offers ADHD, autism, and other neurodevelopmental evaluations. Helpful for college students; many have LEND on campus.

4 At Schools (IEP)

Establishes specific education for a child's explicit needs. Parents can talk to their children's schools for more information.

RESOURCES

1 Low Intensity

Alcoholics Anonymous, Narcotics Anonymous: Support groups.

Ambroisa Treatment Center: Rehabilitation programs that includes free meetings and sober events that are open to the public.

2 Medium Intensity

Prototypes: Supports Community Service Assessment Centers, which connects families to appropriate treatment centers. Low commitment.

Alma Family Services: Services range from different levels of therapy—individual, group, and family—to medication support and support groups.

3 High Intensity

The Last House: A sober house with two locations where residents can recover in an encouraging environment free from all substances.