

# Supporting *Non-Binary* Mental Health

Non-binary individuals often face unique mental health challenges due to societal biases, discrimination, and lack of understanding or acceptance. They are one of the communities in our nation that are culturally marginalized and face mental health disparity because of it. Everyone deserves to get the help they need.



## Key Challenges

- **Identity Stress:** Difficulty in expressing or acknowledging one's identity can result in stress, anxiety, and depression.
- **Social Discrimination:** Non-binary individuals may face bullying, rejection, or other forms of discrimination, which can lead to traumatic stress symptoms and other mental health issues.
- **Lack of Inclusive Healthcare:** Many healthcare professionals are not trained in addressing non-binary individuals' unique needs, creating barriers to accessing appropriate mental health care.

## The Stats

- **Over 50% of non-binary youth seriously considered suicide in the past year.**
- **Nearly 3 in 5 transgender and nonbinary youth wanted mental health care yet were not able to get it.**
- **71% of transgender and nonbinary youth reported that they have experienced discrimination based on their gender identity.**

*Trevor Project's 2021 National Survey on LGBTQ Youth Mental Health*

## Essentials for Your Mental Health



### Invest in You

Engaging in self-care activities, such as exercise, meditation, or music, can help manage stress and improve mental well-being. Self-care is not selfish, it's



### Secure Your Safe Space

Surround yourself with positive, affirming people. Online communities, local LGBTQIA+ groups, & supportive friends and family can provide valuable emotional support.



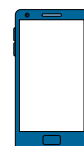
### Find Professional Help

Seek out therapists or counselors who are knowledgeable about and sensitive to non-binary issues.



### Advocate

You deserve respectful care, you are your own best advocate!



The Trevor Project:  
24/7 hotline, text, and chat  
services

Trans Lifeline: Provides a hotline  
staffed by transgender  
individuals