

Mental health inequalities among LGBT+ populations



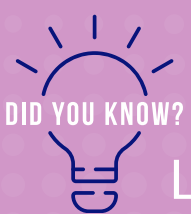
LGBT+ Census analysis

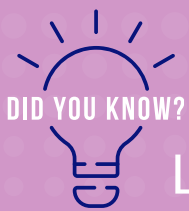
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Did you know...

LGBT+ people experience

markedly higher rates of mental health conditions than the general population. Prevalence ranges from **26%** for gay or lesbian groups to **60%** in 'Other trans' groups, compared to just **12%** in the heterosexual population and **13%** in the cisgender population.





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People identifying as bisexual or with an

'Other sexual orientation' report the highest rates of mental health conditions among LGBT+ groups at around **41%**, more than three times that of heterosexual people.

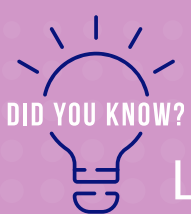
Within trans populations, non-binary people and those with an 'Other trans status or history' experience the highest levels of mental health conditions at **56%** and **60%** respectively.



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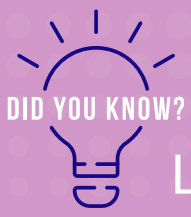
These inequalities are closely linked to

experiences of stigma, discrimination, and exclusion, which contribute to social isolation and poorer mental wellbeing. Barriers to accessing inclusive, affirming services further compound these challenges, limiting opportunities for timely support and recovery for LGBT+ individuals.



DID YOU KNOW?

LGBT+ Census analysis



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For more information, search for 'LGBT+' at
www.gcph.co.uk