Parent Talk: June 2024

LGBTQ-Informed Care

Youth aren't being bullied or harassed at school. And school administrators can help ensure LGBTQ+ youth aren't being bullied or harassed at school. You may even consider checking up on your child's friends, or their parents, to make sure there's no tension or bullying happening there.

You may also learn a lot by attending a support group for parents of LGBTQ+ youth or connecting with some similar groups online. You can help support and advocate for your child by researching these factors and trying to understand them. Bullying by peers and rejection by society are major factors that contribute to increased rates of depression.

Once you understand these factors, you can contribute to increased rates of depression. There are many reasons why LGBTQ+ youth experience higher rates of depression, anxiety, or other mental health challenges.

There are many reasons why LGBTQ+ youth experience higher rates of depression, anxiety, or other mental health challenges. Better Understand the Experience of LGBTQ+ Youth

June is Pride Month! Now is one of the best times caregivers can be there for their LGBTQ+ kids and better support systems to help them thrive now more than ever. For LGBTQ+ youth, social factors are at the forefront. When we examine the potentially negative social experiences LGBTQ+ youth are exposed to, this makes sense.

Negative social experiences can be a huge contributor to depression in young people, especially those who feel ostracized or excluded. LGBTQ+ youth often face rejection from family members or classmates, leading to feelings of isolation and loneliness. In addition, they may experience harassment or discrimination, which can further exacerbate mental health challenges.

Effective care begins with both caregivers and therapists who understand them as well. A well-rounded treatment experience doesn't end with just therapy. In order to fully support your child, you'll need to make sure they're feeling safe at home, at school, and with friends. Once you've found a solid therapist, talk to them about other ways to you help your child. Involving teachers and school administrators can help ensure LGBTQ+ youth aren't being bullied or harassed at school.

Find An Affirming Therapist

Many therapists specialize in helping LGBTQ+ youth. Keep an eye out for these options when searching! More and more families have grown up through LGBTQ+ Therapy Services.

Need more help? Resources at The Baker Center are just a click away.

Using An All-Encompassing Approach

Therapy & Treatment Services

Therapeutic Summer Camp

Camp Baker

Therapy & Treatment Services

EFFECTIVE THERAPY CENTER FOR

SERVICES

Therapy & Treatment

MANVILLE SCHOOL

Therapeutic Summer Camp

CAMP BAKER

College Preparation

NEXT STEP

Featured Resources

Supporting Transgender & Gender Nonconforming (T/GNC) Youth

The Massachusetts Department of Early Education and Care (EEDC) is dedicated to providing families with resources and support for transitioning families. A clinic list is available on their website. Caregivers can also reach out to the Massachusetts Department of Early Education and Care (EEDC) for guidance.

LGBTQ+ Youth in Massachusetts: Are The Kids Really Alright?

Watch our free webinar where we examine the reality of being an LGBTQ+ youth in Massachusetts. The webinar features both policymakers advocating for progressive change and the lived experiences faced by transgender and gender-nonconforming (T/GNC) youth and offers actionable considerations to advance the field at the policy, systems, and community levels, improving outcomes for T/GNC youth.

LGBTQ+ Youth and Mental Health

During Pride Month, it's important to put a spotlight on the specific issues and challenges the LGBTQ+ community has faced. This report explores prominent issues and experiences faced by transgender and gender-nonconforming (T/GNC) youth and offers actionable considerations to advance the field at the policy, systems, and community levels, improving outcomes for T/GNC youth.

LGBTQ+ Youth and Depression

All young people - especially those who are in the LGBTQ+ community - can be exposed to bullying, depression, and anxiety. Learn how to help with Ways to Help Your Child...