

Parent Talk

JUNE 2024

LGBTQ-Informed Care

June is Pride Month! Now is one of the best times caregivers can be there for their LGBTQ+ kids and better understand the mental health challenges they face. Effective care begins with both caregivers and therapists providing an experience that is well-informed, affirming, and speaks to the specific challenges LGBTQ+ youth face. Below you'll find some tips for how you can pursue treatment that is LGBTQ-informed.

Better Understand the Experience of LGBTQ+ Youth

There are many reasons why LGBTQ+ youth experience higher rates of depression, anxiety, or other mental health challenges. 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. You may also learn a lot by attending a support group for parents of LGBTQ+ youth or connecting with some similar groups online. Once you understand these factors, you can then begin the process of finding a therapist who understands them as well.



Find An Affirming Therapist

Connecting with a therapist who provides LGBTQ-informed care is key. The right therapist will understand what your child may be experiencing and will be familiar with the particular aspects of what can make being a young member of the LGBTQ+ population so challenging. For example, the right clinician won't only be able to treat depression but will be able to tackle the very specific aspects of what may cause or exacerbate depression for a member of the LGBTQ+ community. Your child may even feel more comfortable speaking with someone who identifies as LGBTQ+ themselves. Many therapists will self-identify in this way, or mention that they specialize in helping LGBTQ+ youth. Keep an eye out for these options when searching!



Use An All-Encompassing Approach

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 help your child. Involving teachers 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.



Need more help?

Resources at The Baker Center are just a click away



Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →



Special Education

MANVILLE SCHOOL →



Therapeutic Summer Camp

CAMP BAKER →



College Preparation

NEXT STEP →

Featured Resources



Supporting Transgender & Gender-Nonconforming (T/GNC) Youth in Massachusetts

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.

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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 seminar features both policymakers advocating for progressive LGBTQ+ policies, as well as real LGBTQ+ youth with lived experience.

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Parent Talk: Supporting LGBTQ+ Youth – June 2023

During Pride Month and beyond, it's vital that caregivers provide support, guidance, and love to LGBTQ+ youth. As youth mental health has become a nationwide crisis, these children need active and caring support systems to help them thrive now more than ever.

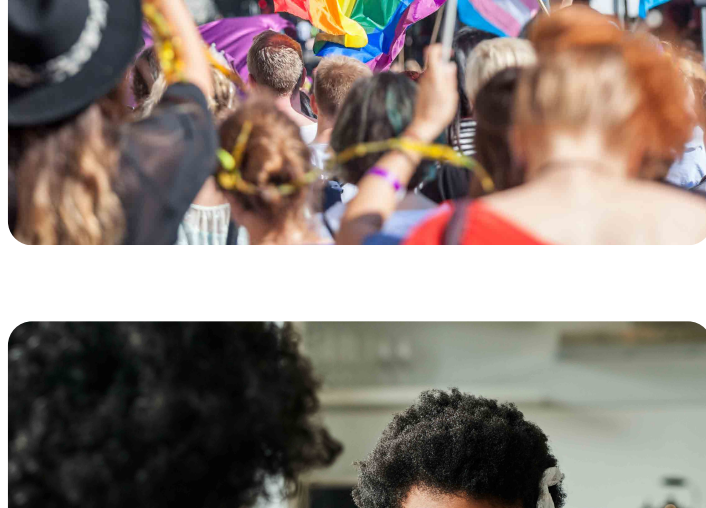
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LGBTQ+ Youth and Mental Health

During Pride Month, it's important to acknowledge why we celebrate in the first place. While Pride's origins are largely historical, the month is used as an opportunity to put a spotlight on the specific issues and challenges the LGBTQ+ community has overcome or continues to fight against.

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LGBTQ+ Youth and Depression

Depression is typically categorized as a persistent feeling of sadness or apathy caused either by psychological or social factors (or sometimes a combination of both). In many cases of depression in LGBTQ+ youth, social factors are at the forefront. When we examine the potentially negative social experiences LGBTQ+ youth are exposed to, this makes sense.

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