

## The importance of prioritizing mental health for the LGBTQ+ community

Video	Audio
	When it comes to mental health, Dr. Jennifer Vencill, a Mayo Clinic psychologist, says the concerns of people in the LGBTQ+ community are no different from anyone else, with one key difference.
<b>Jennifer Vencill, Ph.D.</b> <b>Psychology</b> <b>Mayo Clinic</b>	"Anxiety, depression, stressors and relationships with families, that they can be exacerbated for people in the LGBTQ community because of their marginalized sexual and gender identities."
	It's known as minority stress.
	"These are stressors that LGBTQ folks are facing that heterosexual folks don't necessarily have to think about, right? Can I hold my partner's hand in public without safety risks, right? Am I going to be misgendered? Or is somebody going to use the wrong name when I go to a doctor's appointment?"
	Dr. Vencill says these added day-to-day stressors can add up significantly over time, which can lead to more mental and even physical issues.
	"If mentally you are struggling because of anxiety, depression, other stressors in your life, it can actually exacerbate physical symptoms, and vice versa."
	Dr. Vencill says make mental health a priority, which can start by finding a solid support system.
	"Having supportive people in your life, whether that's family or chosen family, partners, that really plays a huge buffering role."
	It's also important to find a supportive healthcare professional you can trust.

	<p>"The research is really clear that LGBTQ folks oftentimes have to educate their healthcare providers about what it means to be part of that marginalized community. This is particularly true for trans and gender-diverse folks who might be seeking medical care."</p>
	<p>She also recommends taking advantage of free mental health resources offered by many nonprofit organizations.</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>