



# Anxiety and Depression in LGBTQ+ & Disabled Communities

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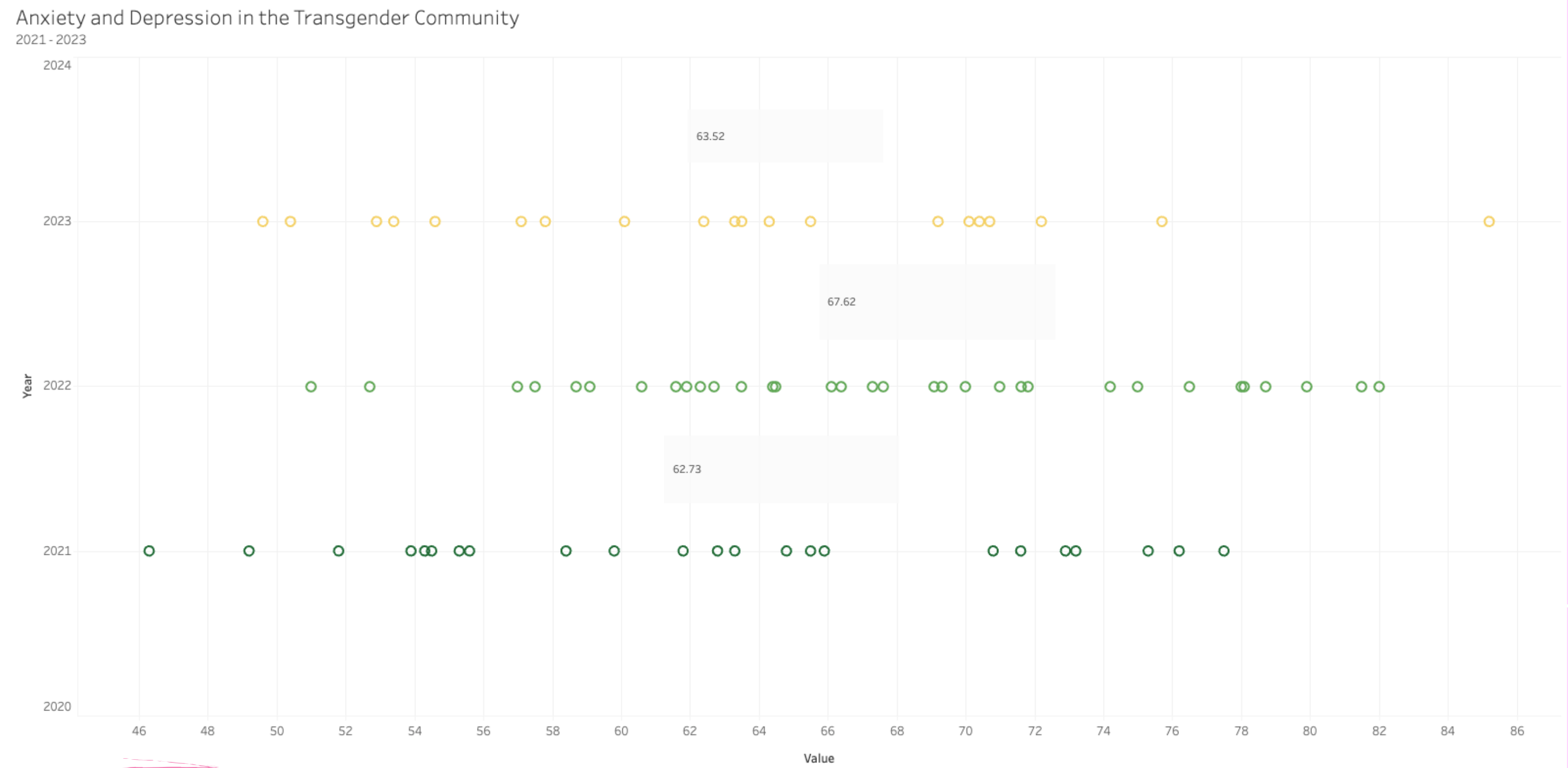


# The difference is in the data

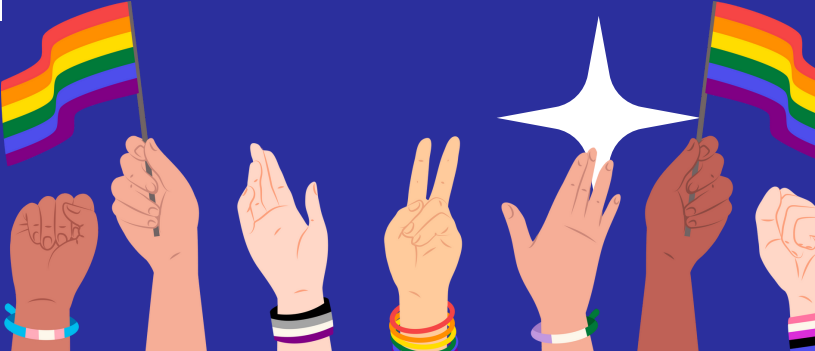
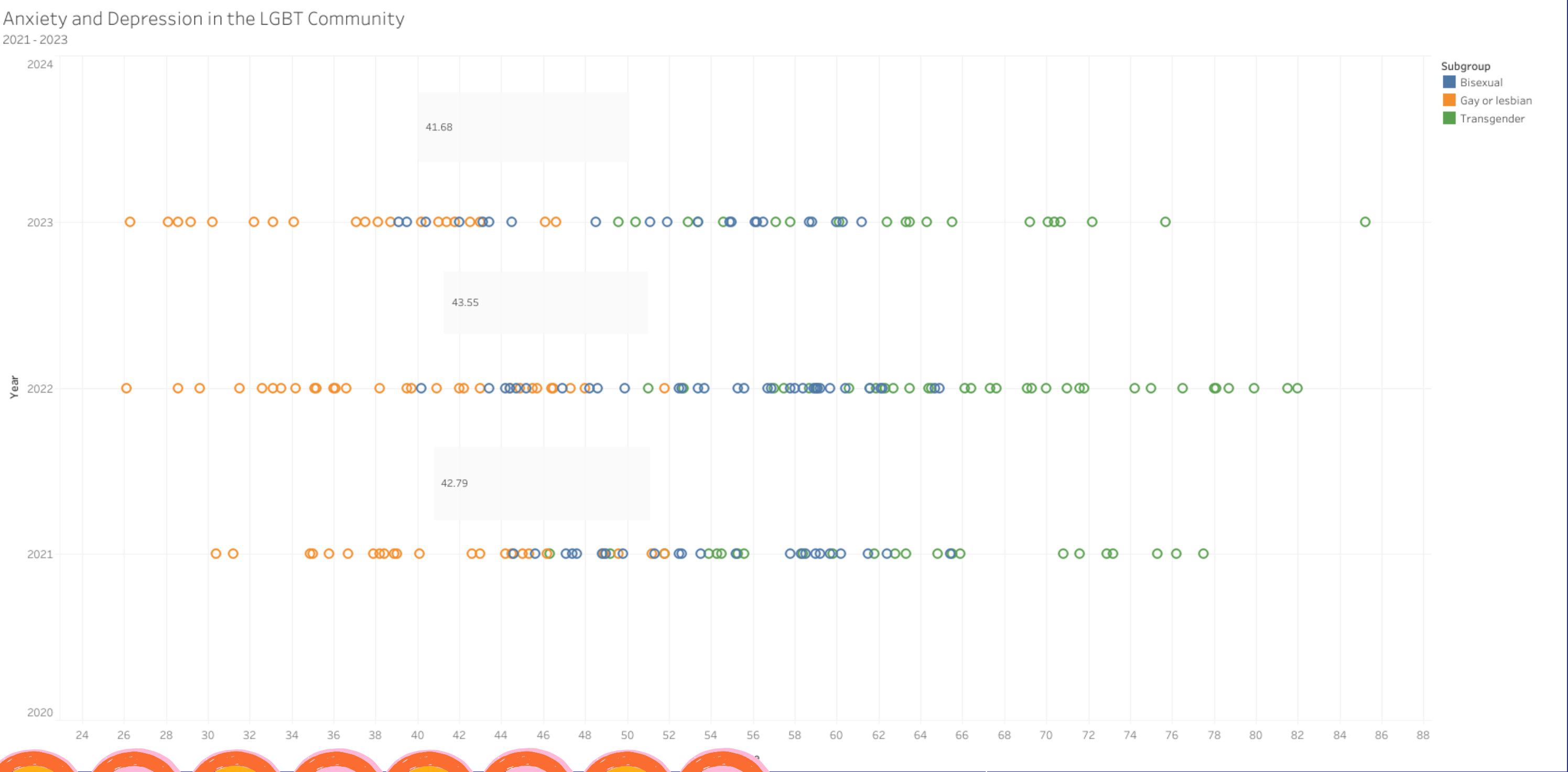
You'll notice an alarming increase of  
symptoms in the LGBTQ+ and disabled  
communities when compared to their peers.

This could be for many reasons not  
mentioned here - but asking why is the first  
step to seeking improvement.

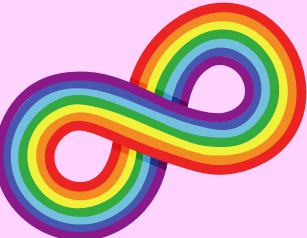
# Transgender Data



# Gay, Bi, and Lesbian Data



# Living with a Disability



# Conclusion ✨

- Trans individuals have a 128% higher occurrence of symptoms than Cis peers
- LGBT+ individuals have a 71% higher occurrence of symptoms than Straight peers
- Disabled individuals have a 149% higher occurrence of symptoms than non-Disabled peers



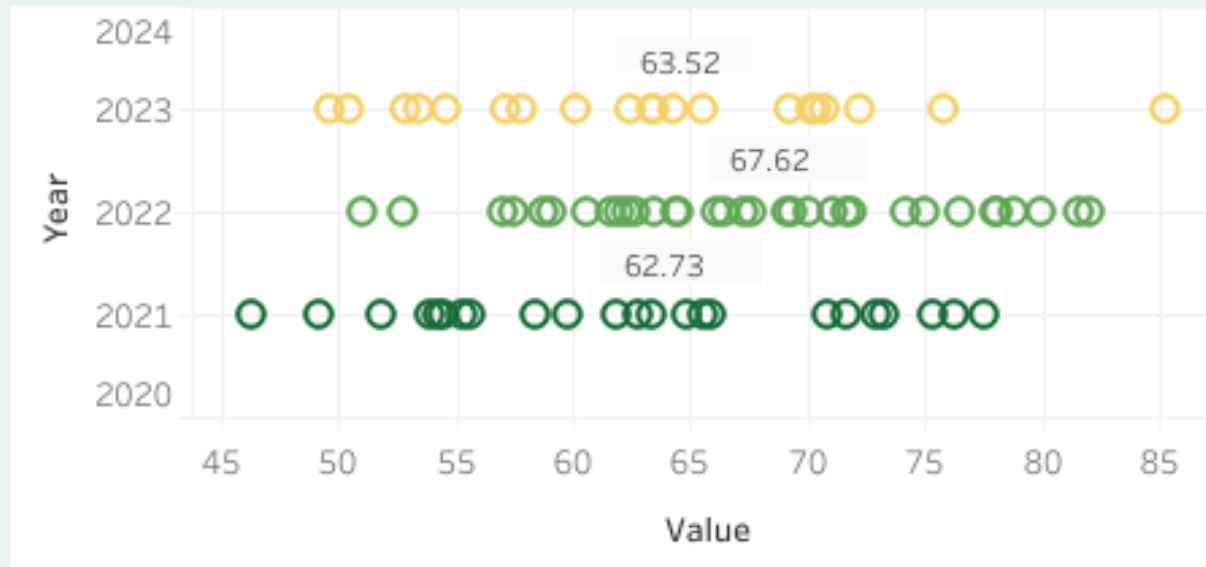


# Minorities Affected by Anxiety and Depression

\*2023 is incomplete\*

## Anxiety and Depression in the Transgender Community

2021 - 2023



Cis Population Averages:

2023 ~ 28.54

2022 ~ 28.24

2021 ~ 28.24

Straight Population Averages:

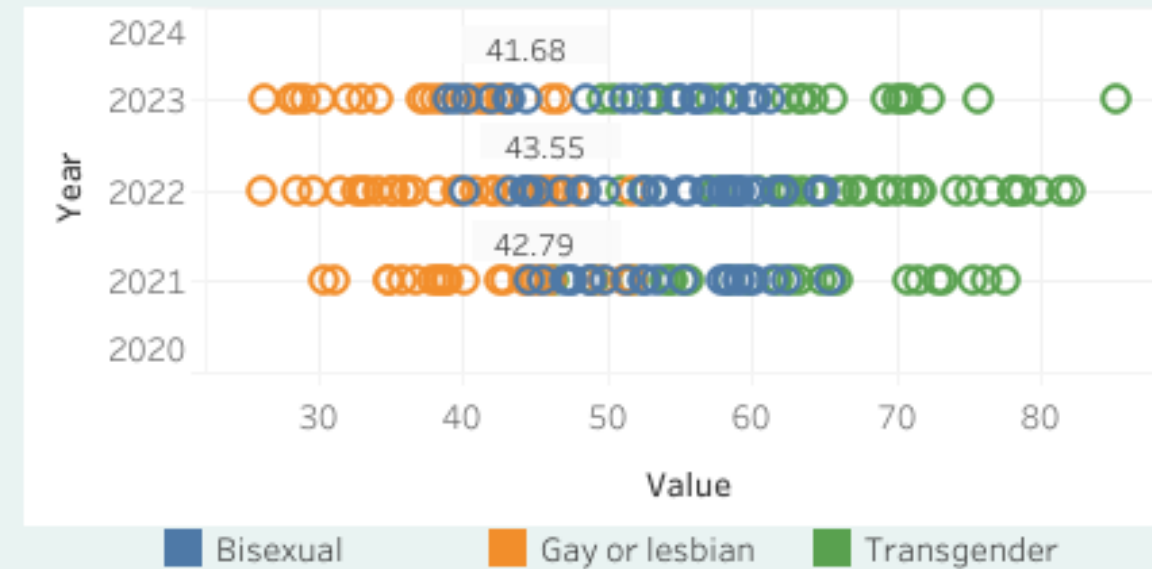
2023 ~ 24.89

2022 ~ 25.67

2021 ~ 24.44

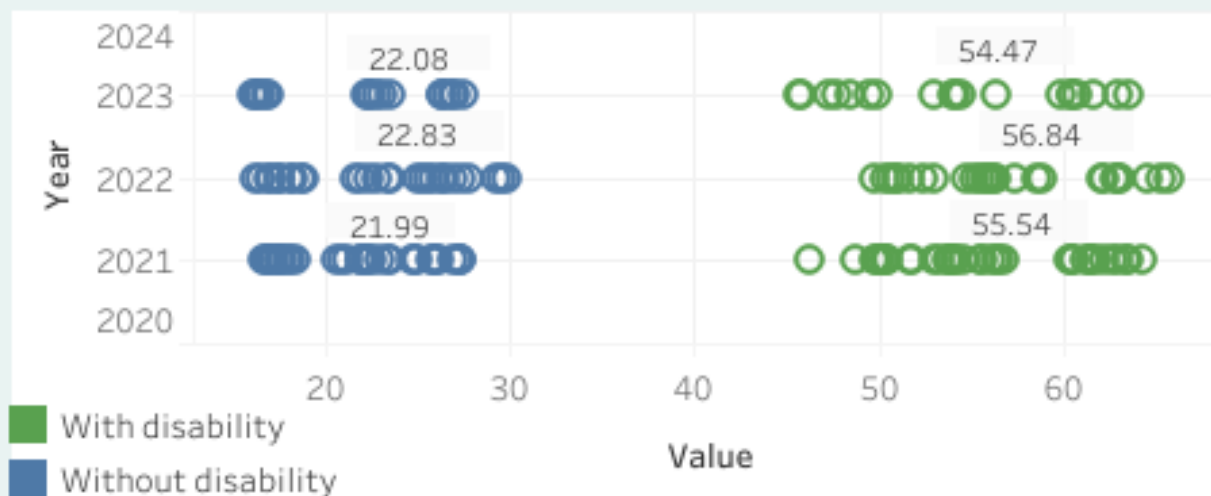
## Anxiety and Depression in the LGBT Community

2021 - 2023



## Anxiety and Depression Affected by Disability Status

2021 - 2023



Resource: U.S. Department of Health & Human Services - Household Pulse Survey



# LOVE WHO YOU ARE

**Resource:** U.S. Department of Health & Human Services - Household Pulse Survey



This data was collected beginning in **2020**, but did not include LGBT+ or disabled demographics until **2021**