Telehealth for the LGBTQIA+ Community

Removing Barriers to Accessing Care

Transgender adults exhibit more than double the rates (33%) of postponing or not receiving necessary medical care compared to cisgender adults (14%). Telehealth bridges this gap, especially for LGBTQ+ individuals in remote or rural regions who may not have access to healthcare providers sensitive to their needs.

Mental Health Support

Telehealth services are pivotal in offering accessible mental health aid to the LGBTQ+ community, which faces heightened stress, anxiety, and depression. This community is about 2.5 times more susceptible to such mental health issues and substance abuse compared to heterosexual individuals.

Trans-Affirming Care

Transgender adults reported higher instances of skipping a preventive care visit in the past year (39% vs. 28%) and facing difficulty finding a specialist (29% vs. 11%) compared to cisgender adults. Telehealth can address this issue, providing a secure, private platform for trans and non-binary individuals to access necessary services like HRT consultations and mental health support.

Inclusivity and Privacy

Bisexual men (22%) and gay men (18%) are more likely to delay or avoid needed medical care compared to straight men (12%). Telehealth, by providing a secure, private environment, can mitigate this issue, alleviating potential anxiety from in-person visits and ensuring confidentiality in health discussions for LGBTQ+ individuals.

Prevention of Discrimination

By reducing the need for in-person visits, telehealth can help mitigate instances of discrimination, bias, or stigma that some LGBTQ+ individuals may face in traditional healthcare settings.

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