

HAPPY PRIDE WEEK EVERYONE

ESPERANZA BLOG. JUNE 2023
NO.3

Esperanza EDC is thrilled to join the global celebration of love, diversity, and acceptance. Today, we want to shine a light on the unique challenges faced by the LGBTQ+ community in relation to eating disorders and the importance of inclusive treatment.

This weekend we celebrate pride for all LGBTQ+ people by uplifting the values of love, diversity, and acceptance. It is important to know that when LGBTQ+ people are affirmed and accepted they experience vast improvements in mental health outcomes, including eating disorders.

LGBTQ+ Community and Eating Disorders

LGBTQ+ individuals often face minority stress, which stems from prejudice, discrimination, and social stigma. This chronic stress can contribute to mental health challenges.

"In alignment with the minority stress model (Meyer, 2003), past studies have found higher rates of eating disorders and suicide risk among LGBTQ individuals to be related to experiences of bullying and discrimination, as well as internalized stigma based on their LGBTQ identity and the concealment of their LGBTQ identity." (Parker & Harriger, 2020).@thetrevorproject

Improved Mental Health Outcomes

Research and studies show that when LGBTQ+ folks are affirmed their mental health outcomes improve. *"LGBTQ youth who felt high social support from their family reported attempting suicide at less than half the rate of those who felt low or moderate social support."*

Allyship & Action Makes a Difference

Here are steps you can take to be a safe and affirming space for LGBTQ+ folks in need of support:

1. Use Inclusive Language - this includes chosen names and correct pronouns.
2. Educate yourself on LGBTQ+ issues, experiences, identities, and social/political concerns.
3. Create safe and inclusive spaces by displaying affirming materials and symbols and connecting folks with LGBTQ+ affirming resources.
4. Don't make assumptions, allow people to self-identify and share their experiences on their own terms.
5. Address minority stress and discrimination: Recognize the impact of minority stress and discrimination on LGBTQ+ mental health. Work collaboratively with clients to explore coping strategies, resilience-building techniques, and support networks to address these challenges.

This Pride Season, let's remember that we all have a part to play in showing up and supporting all LGBTQ+ people. Together we can make a difference in advocating and providing more affirming mental health care for all people so that all LGBTQ+ folks can live and love with pride.

