

# LGBTQ+ affirming mental health resources

Find compassionate care that considers your needs and reflects your identity.



## Taking care of yourself

At Included's LGBTQ+ Health, our queer- and trans-led Care Team understands that booking your next doctor's appointment isn't always as simple as it sounds. We're here to help you prioritize your well-being and help you access any care you need.

## Taking care of your community

We all thrive when we care for our community as well as ourselves. One way to create a more caring community is to find an "accountability buddy"—someone you can check in with and who checks in with you. Whether it's as simple as texting about your day-to-day plans or helping one another to be healthier, an accountability buddy can be a huge boost to your mental health and overall well-being.

## Taking action with Included's LGBTQ+ Health

We're here to help make healthcare mountains feel like molehills and to remind you that taking care of yourself can mean reaching out to others. With Included's LGBTQ+ Health, every member gets a dedicated care coordinator for help accessing care. Whether you or someone in your life needs a hand, Included's LGBTQ+ Health is here to help.

“

Bettering your mental health isn't just about therapy. It's about adding things to your life that make a positive difference and bring you joy.”

—Your care coordinator



## Get care.

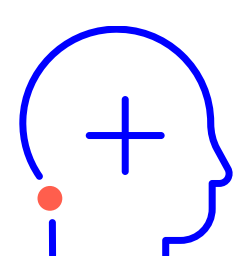
[includedhealth.com/stryker](https://includedhealth.com/stryker)  
1-855-431-5551



# LGBTQ+ Health



## We're here for all your healthcare questions:



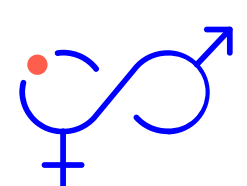
### Mental wellbeing

I'm looking for an LGBTQ+ affirming therapist. Can I find someone who identifies like me?



### Community support

I want to come out at work, but don't want to talk to anyone at work about it just yet. Can you help?



### Gender affirming care

Can you support me in finding a mental health provider who can write a letter confirming my need for gender affirming care?



### Local in-network coverage

My provider is the only provider in my area who meets my needs. Can you help me get this covered by my insurance?

Included Health is HIPAA-compliant, which means your information is kept private.

## Resources

### Instagram

- @nedratawwab
- @somaticwitch
- @trevorproject
- @themshealth
- @includedhealth

### Podcasts

- Tara Brach
- Radio

### Blogs

Read the Included's LGBTQ+ Health blog on our site for stories from mental health professionals, hear firsthand from queer and trans folks about the value of LGBTQ+ affirming therapy, and more.

### Books

- "The Body Keeps the Score" by Bessel Van der Kolk
- "The Queer and Transgender Resilience Workbook" by Anneliese A. Singh
- "The Shame Factor" by Stephan B. Poulter
- "(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health", edited by Kelly Jensen



## Get care.

[includedhealth.com/stryker](https://includedhealth.com/stryker)  
1-855-431-5551