



QUEER TRANS PEOPLE OF COLOR

Mental Health and Representation

THE IMPORTANCE OF
REPRESENTATION AND HOW WE
CAN IMPROVE MENTAL HEALTH
IN QTPOC

Why is

REPRESENTATION

Important?

OXFORD DICTIONARY DEFINES REPRESENTATION AS: "THE ACTION OF SPEAKING OR ACTING ON BEHALF OF SOMEONE OR THE STATE OF BEING SO REPRESENTED." IT CAN ALSO BE DESCRIBED AS THE PORTRAYAL OF SOMEONE/SOMETHING IN A PARTICULAR MANNER.

QTPOC EXPERIENCE MARGINALIZATION IN A MULTITUDE OF WAYS INCLUDING ETHNOCENTRISM, XENOPHOBIA, QUEERPHOBIA, AND TRANSPHOBIA. AS A RESULT, QTPOC - ESPECIALLY YOUTH - EXPERIENCE HIGH RATES OF HOMELESSNESS, POVERTY, AND VIOLENCE.



REPRESENTATION IN MEDIA, PUBLIC SPACES, BUSINESS, POLITICS, AND COMMUNITIES ALLOWS FOR MINORITIES TO FEEL VALIDATED AND GIVES THEM A PLATFORM TO VOICE AND INFORM OTHERS ABOUT THEIR STRUGGLES.

DIVERSITY AND MEDIA REPRESENTATION PLAY A LARGE ROLE IN A CHILD'S DEVELOPMENTAL YEARS. MANY CHILDREN WHO ARE POC AND LGBTQ+ RARELY SEE PEOPLE LIKE THEMSELVES IN MOVIES OR ON TV. THIS CAN GREATLY IMPACT THEIR SELF-ESTEEM. LACK OF REPRESENTATION CAN LEAD TO A FEELING OF INVISIBILITY.

DID YOU KNOW?

42% of LGBTQ homeless youth are QTPOC

1 in 8 trans women of color are murdered

Only 35% of QTPOC youth receive emotional counseling

- Queer Resource Center of Claremont College, Human Rights Campaign

LACK OF REPRESENTATION DOESN'T JUST IMPACT QTPOC CHILDREN, BUT ALSO WHITE CISHET CHILDREN; WHEN YOU ARE SURROUNDED BY BIGOTRY AND NON-INCLUSIVE ENVIRONMENTS, YOU ADOPT IT AS YOUR OWN BELIEFS. THIS ALSO INCLUDES CHILDREN WHO ARE MINORITIES, AS A LOT OF QTPOC YOUTH DEVELOP A SENSE OF SELF HATRED AND UNBELONGING.

WHILE HAVING NO REPRESENTATION IS BAD, NEGATIVE REPRESENTATION IS ALSO HARMFUL. THIS IS OFTEN SEEN THROUGH STEREOTYPING OF MINORITY GROUPS SUCH AS QTPOC. RESULTING IN MISCONCEPTIONS ABOUT THE COMMUNITY THAT AFFECT THOSE WITHIN IT.

BELOW IS A LINK TO A LIST OF FILMS THAT HAVE QTPOC REPRESENTATION:

QTPOC FILMS

How Can We Improve

MENTAL

HEALTH?



Providing Resources and Tools for QTPOC



Financial Assistance



Better access to speak with a professional



Make representation a priority in our communities



How we can improve MENTAL
HEALTH in

QTPOC

Talk To Someone
You Trust



Take Care Of Your
Physical Health

Do Activities
That You Enjoy

Take Two Minutes
To Focus On The
World Around You

Don't Be Afraid
To Say "No"

Tell Yourself That
Everything
Will Be Fine



MENTAL HEALTH



IMPORTANCE OF MENTAL HEALTH:

THERE IS A LOT OF IMPORTANCE TO THE MENTAL HEALTH ASPECT OF LGBTQXRACE ISSUES. IT IS OFTEN OVERLOOKED BUT AFFECTS MANY OF THESE INDIVIDUALS. IT IS IMPORTANT BECAUSE A LOT OF DISCRIMINATION TARGETED TOWARDS THESE TWO ISSUES AFFECT INDIVIDUAL MENTAL HEALTH. SOME DEVELOP A BAD RELATIONSHIP OR IDEA WITH THEIR BODY WHICH IS VERY COMMON AMONG LGBTQIA INDIVIDUALS. IT LEADS TO ISSUES LIKE I MENTIONED BEFORE SUCH AS BODY DYSPHORIA OR ANOREXIA. IT ALSO IN SOME YOUTH AND ADULTS INCREASES THE RISK OF SUICIDE, WITHOUT PROPER ATTENTION TO THE HATEFUL AND NASTY THINGS SAID TO MANY QTPOC INDIVIDUALS IT LEADS TO SUBSTANCE ABUSE AS WELL. ALL OF THESE LEAD TO LIFE LONG LASTING EFFECTS DAMAGING THESE INDIVIDUALS. WHICH IS WHY IT IS IMPORTANT TO FOCUS ON THE MENTAL HEALTH AND WELLBEING OF LGBTQIA INDIVIDUALS AND POC. THE ROOT OF THESE PROBLEMS COME FROM HATEFUL WORDS THAT CAN REALLY HOW AN INDIVIDUALS PERCEIVE THEMSELVES OR VIEWS THE WORLD. A LOT OF HATE HAS DETRIMENTAL EFFECTS TO ONE'S MENTAL HEALTH WHICH CAN AFFECT THEIR PHYSICAL HEALTH BUT ALSO RELATIONS WITH THEIR FAMILY OR FRIENDS. IT CAN LEAD TO DIFFERENT TYPES OF DEPRESSION AND ANXIETY THAT CAN WORSEN AND AFFECT HOW THEY LIVE ON A DAY TO DAY BASIS. NOT ONLY DOES IT AFFECT INDIVIDUALS IT ALSO AFFECTS COMMUNITIES OF POC AND LGBTQIA INDIVIDUALS. IT CAN RUIN AND AFFECT THEIR SELF-CONFIDENCE OR ORIENTATION WHICH IS WHY MENTAL HEALTH IS VERY IMPORTANT. IT SHOULD HELP BRING LIGHT TO THE STRUGGLES THAT MANY INDIVIDUALS FACE SILENTLY.

MENTAL HEALTH ISSUES:

SOME MENTAL HEALTH ISSUES ARISE FROM RACISM AND HOMOPHOBIA. SOME OF THEM INCLUDE:

- DEPRESSION
- ANXIETY
- BIPOLAR DISORDER
- BODY DYSPHORIA
- ANOREXIA

THERE ARE MANY MORE TO ADD TO THE LIST AND THESE ISSUES CAN ROOT FROM HOMOPHOBIA OR RACISM PRESENT.

THESE ISSUES ARE EXTREMELY DETRIMENTAL TO ONE' S HEALTH, THEY CAN LEAD TO OTHER PHYSICAL HEALTH ISSUES.

MENTAL HEALTH IS SERVELY LOOKED OVER UPON WHEN DISCUSSING LGBTQ+XRACE ISSUES. SUCIDICAL RATES ARE ALREADY HIGH WITHIN THE COMMUNITY AND IT NEEDS MORE AWARENESS OR RESOURCES TO HELP COMBAT THESE ISSUES.

MANY INSULTS ABOUT ONE' S COLOR OR ORIENTATION/SEXUALITY IS A MAIN CAUSE OF THESE ISSUES. IT LEADS TO HARMFUL STEREOTYPES THAT CERTAIN INDIVIDUALS HAVE TO FEEL LIKE THEY HAVE TO FOLLOW IN ORDER TO BE ACCEPTED THIS IS ONE OF THE MAIN CAUSES OF THESE MENTAL HEALTH ISSUES PRESENT.

IT CAN LEAD TO SUBSTANCE ABUSE AND MANY MORE BAD HABITS.

ROLES OF QTPOC THERAPISTS:

WELL THE ROLE OF QTPOC THERAPISTS ARE TO ACCEPT AND MAKE
A
SAFE SPACE FOR QTPOC INDIVIDUALS. THEY HAVE A ROLE OF
ALLOWING THESE INDIVIDUALS A CHANCE TO HAVE PROPER
MENTAL
CARE AND NOT GET HARASSED OR DISCRIMINATED DUE TO THEIR
RACE OR SEUALITY. THEY HAVE A VERY IMPORTANT ROLE BECAUSE
THEY CAN HELP GIVE THEIR PATIENTS QUALITY MENTAL CARE
SINCE THEY PROBABLY KNOW BEST ABOUT BEING A QTPOC AND
THE ISSUES THEY GO AGAINST. THEY ALSO TRANSFORM
HEALTHCARE FOR MANY QTPOC INDIVIDUALS, THERE IS LESS
DISCMINATION IN THE HEALTHCARE FIELD FOR THEM AND IS
SPECIALISED ESPECIALLY FOR THEM. IT ALLOWS FOR OPTIMUM
CARE AND TREATMENT THAT MANY QTPOC WOULD NOT GET DUE
TO THEIR RACE AND SEXUALITY. IT LESSENS THE DISCRMINATION
IN THE MEDICAL AND HEALTHCARE FIELD, WHICH GIVES
IMPORTANCE TO THEIR ROLE. QTPOC THERAPISTSARE NECESSARY
FOR THE SAKE OF OTHER LGBTQIA OR POC INDIVIDUALS. GOING
BACK TO THE IDEA OF THEIR EXPERIENCE, THEY CAN PROBABLY
BE ABLE TO HELP THEIR
PATIENTS MORE AND GIVE PROPER ADVICE
TO THEM. THIS ENSURES QUALITY CARE
AND PROBABLY PREVENTS MORE ISSUES
THAN CAN ARISE. THERE IS A LOT OF
DISCRIMINATION IN THE MEDICAL FIELD
AGAINST QTPOC SO QTPOC THERAPISTS
CAN USE THEIR ROLE TO AVOID THAT AND
GIVE PROPER CARE.

RESOURCES: LIFELINES/NUMBERS

TREVORLIFELINE

-1-866-488-7386

TRUE COLORS UNITED

-(212)-461-4401

-[HTTPS://TRUECOLORSUNITED.ORG/](https://truecolorsunited.org/)

PRIDE INSTITUTE

-(800)-547-7433

[HTTPS://PRIDE-INSTITUTE.COM/LGBTQ-RECOVERY-PROGRAMS/](https://pride-institute.com/lgbtq-recovery-programs/)

TRANSLIFELINE

-877-565-8860

-[HTTPS://TRANSLIFELINE.ORG/](https://translifeline.org/)

SAC LGBTQ CENTER

-[HTTPS://SACCENTER.ORG/](https://saccenter.org/)

-[HTTPS://SACCENTER.ORG/MENTAL-HEALTH](https://saccenter.org/mental-health)

LGBTQ NATIONAL HELP

CENTER

-[HTTP://WWW.GLBTNATIONALHELPCENTER.](http://www.glbtnationalhelpcenter.org/)

[ORG/](http://www.glbtnationalhelpcenter.org/)

NATIONAL LGBTQ HOTLINE

-888-843-464

STEEFUND CRISIS LINE

-TEXT STEVE TO 741741

-[HTTPS://WWW.STEEFUND.ORG/CRISISTEXTLINE/](https://www.steefund.org/crisistextline/)

SAIGE

-[HTTPS://SAIGECOUNSELING.ORG/](https://saigecounseling.org/)

ADULTLIFELINE

-CRISISTEXTLINE -[HTTPS://WWW.CRISISTEXTLINE.ORG/](https://www.crisistextline.org/)

TEXT-US/

-TEXT HOME TO 741741

RESOURCES

[CLICK HERE FOR RESOURCES !!](#)





As a kid, I thought meditation was only for a Buddhist monk. "How can one person sit still for so long?" But, my view on meditation was forever changed by an unlikely source: my ninth grade PE teacher.

She knew we were stressed from school and sore from yesterday's workout. Instead of doing a workout, she pulled up a 10-minute meditation from YouTube and invited us to join her. "No need to turn on your cameras or mic," she said. I was curious, so I joined her. And that decision is why I meditate today



Importance of Meditation

Mindfulness is taking some time out of your day just for yourself. That might sound selfish; but you would be surprised how little you do this. Your friends, family, and the society you live in has taught you that your value is how productive you are. However, if you overwork yourself, the work you produce is significantly worsened. That's why it's important to do meditation. You're essentially recharging your mental batteries.



What exactly is mindfulness? Mindfulness is being aware of our thoughts, physical wellbeing, and surroundings right now (Getting Started). That sounds simple; it is. By simply paying attention to what's happening right now, without worrying about the past or future, grounds us. At first, you'll find that your mind wanders a lot. But with practice and self-discipline, you can be mindful!

Benefits of Meditation



Reduced Stress



Better Sleep



Less Anxiety



Greater Compassion



Less Depression

Benefits of Meditation



Improved Memory



Better attention



Stronger Will



Less Pain



Lower Blood Pressure



Tips for mindfulness

MEDITATION



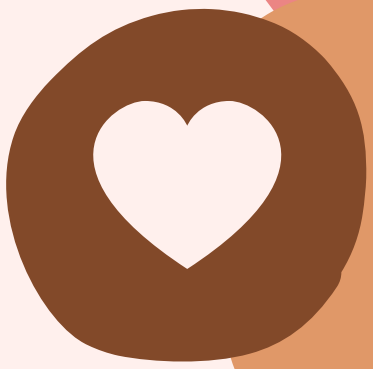
Sit comfortably and straight.



Let your legs and arms relax.



Soften your gaze; you don't have to close your eyes



Focus on your breath. Take notice when your thoughts wander.



Observe your thoughts, but do not pass judgement.



"Getting Started with Mindfulness."

Mindful, 10 Mar. 2021,

www.mindful.org/meditation/mindfulness-getting-started/.



Other meditation methods

Trataka

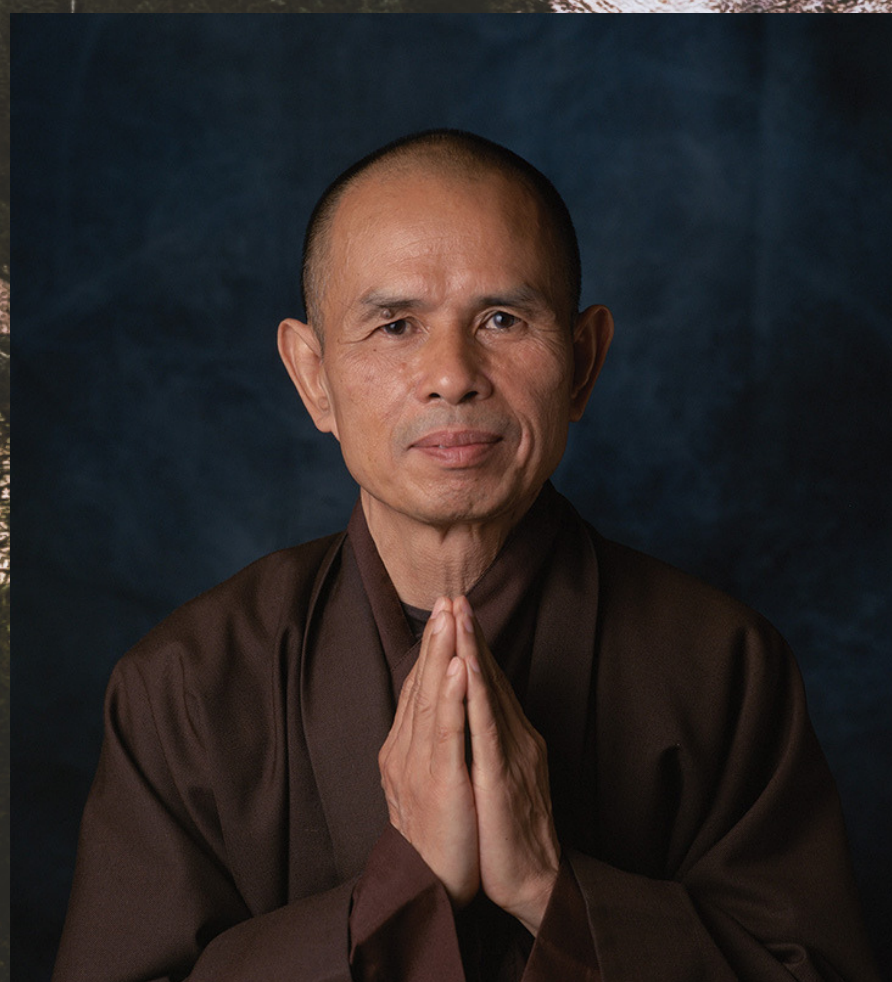


Walking
Meditation

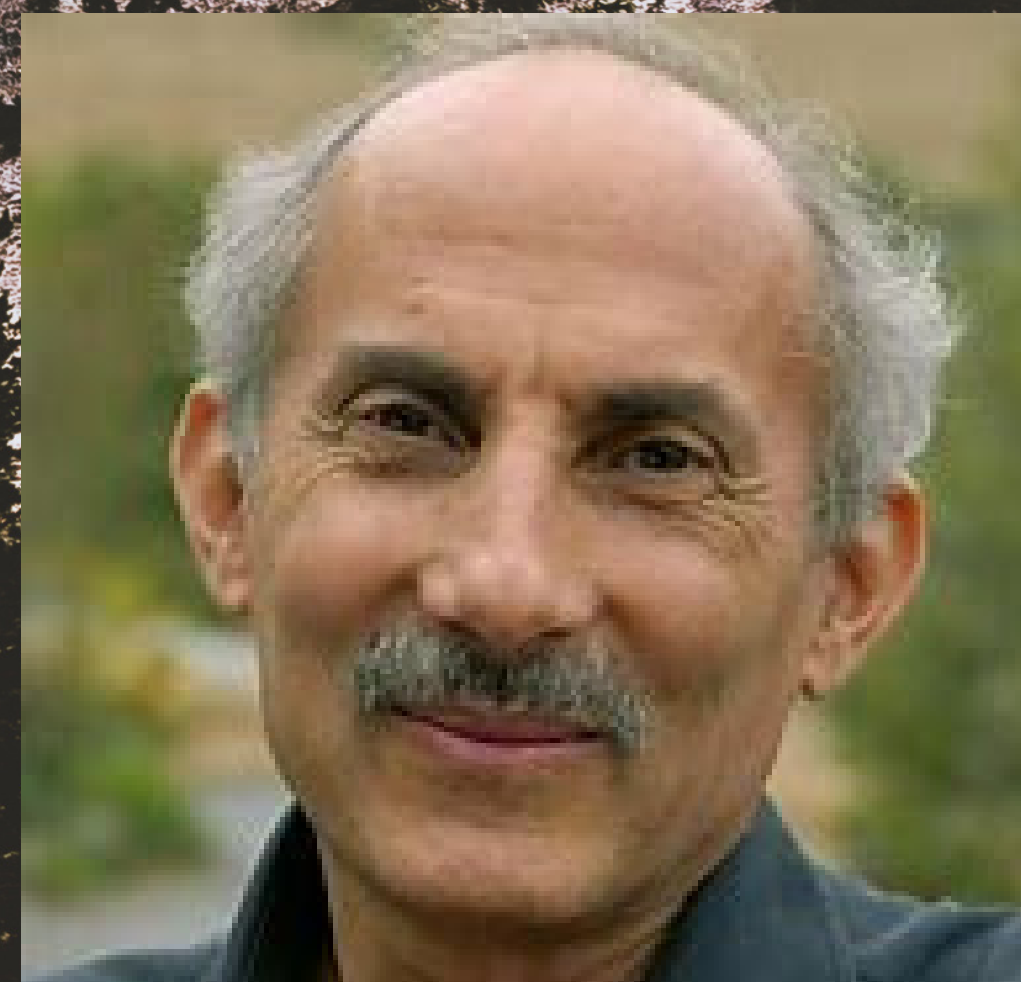


Guided
Meditation

Thich Nhat Hanh



Jack Kornfield



WORK CITED

UC Davis Health, Public Affairs, Marketing. "10 Health Benefits of Meditation."

UC Davis Health | University of California, Davis, 4 June 2019,
health.ucdavis.edu/health-news/newsroom/10-health-benefits-of-meditation/2019/06. Accessed 4 Dec. 2021.

"Getting Started with Mindfulness." Mindful, 10 Mar. 2021,
www.mindful.org/meditation/mindfulness-getting-started/. Accessed 4 Dec. 2021.

"Queer Resource Center of the Claremont Colleges" Claremont Colleges
<https://colleges.claremont.edu/qrc/education/enact-allyship/qtpoc-ally/>

"QTBIPOC Mental Health and Well-Being" Human Resource Center
<https://www.hrc.org/resources/qtbipoc-mental-health-and-well-being>

