

Questions for LGBTQ+ Youth and Their Parents/ Caregivers to Ask Health Care Providers*

It may be helpful for youth to first discuss these questions with their parents or caregivers to decide which questions they are comfortable asking and which are most important to them. The questions can also be changed to fit unique identities and needs.

Parents and caregivers – You can encourage youth to ask these questions if they feel comfortable. Being able to advocate for themselves in health care settings is an important skill for children to practice going into adulthood.

Youth – You deserve to have a voice in finding the right provider that fits your needs. These questions can help you talk to providers and find one who is a good fit.

1. How do you affirm your patients' identities?
2. Do you or anyone on your staff openly identify as LGBTQ+?
3. What is your experience working with LGBTQ+ youth?
4. What is your approach to working with LGBTQ+ patients? What evidence-based practices do you use?
5. What is your understanding of the health needs for LGBTQ+ populations around mental health and substance use disorders?
6. What is your view on "conversion therapy" practices that try to change an individual's sexual orientation or gender identity?
7. What is your knowledge of stereotypes and/or common misconceptions that could harm LGBTQ+ people?
8. Do you offer identity-specific support groups? What local community resources do you recommend for LGBTQ+ youth?

9. How do you stay up-to-date on best practices for treating the LGBTQ+ community?
10. Are you active in any advocacy for the LGBTQ+ community?

Additional questions for transgender, nonbinary and gender-expansive individuals to ask:

1. What is your experience and comfort level working with transgender and nonbinary patients?
2. What is your experience working with young people exploring social and/or hormonal transitions?
3. How do you create space for patients to introduce their gender identities, particularly patients whose identities are not immediately visible?
4. How does your practice make sure that patients are gendered correctly by staff and on forms?
5. When does your practice ask for or refer to sex assigned at birth or legal names?



Tip for Youth: More Ways to Prepare for an Appointment with a New Provider

While you're getting your questions ready, think about what's important for your provider to know about you. You can write this information down on your phone, in an email to your provider or on a notecard to bring with you. You may even be able to call and talk to a provider before scheduling an appointment – ask if they offer free consultation calls.

Remember, you can stop seeing a provider at any time if you decide they aren't the right fit!

* These questions were adapted from resources created by Mental Health America and Partnership to End Addiction

Where to Look for LGBTQ+ Affirming Providers Online

LGBTQ+ Provider Directories and Databases						
Resource	Source	Description	Searchable by:			
			Provider type?	Location?	Insurance/ payment type?	Other filters
LGBTQ+ Healthcare Provider Directory	Health Professionals Advancing LGBTQ Equality (previously known as the Gay & Lesbian Medical Association (GLMA)) and the Tegan and Sara Foundation	Directory of self-identified LGBTQ+ and affirming providers.	Yes, including addiction medicine physicians and mental health care providers.	Yes	Yes	Framework, including trauma-informed, weight-inclusive and harm reductionist providers.
The Outlist (LGBTQ+ Affirming Health care Provider Directory)	OutCare Health	Directory of affirming health care providers.	Yes	Yes	No	Keywords
National Queer & Trans Therapists of Color Network Directory	National Queer and Trans Therapists of Color Network	Directory of queer and trans people of color (QTPOC) mental health practitioners; entries are reviewed by directory staff before being listed.	No	Yes	Accepts “sliding scale” option.	Accepting new clients; provides telemedicine.
CDC List of LGBT Health Clinics by state	Centers for Disease Control and Prevention (CDC)	Non-filterable list of health clinics for LGBT people by state.	No	Yes	No	No



Think about what is most important for you in a provider (e.g., gender, identity, distance from home) and start the search there.