

EMPOWERING THE LGBTQIA+ COMMUNITY WITH GROUP THERAPY

Mental health support can be a valuable resource for the unique challenges faced by the LGBTQIA+ community when it comes to navigating identity, relationships, and societal pressures. Getting some extra support can be a powerful tool for managing stress, anxiety, depression or just feeling happier in your own skin. One powerful tool? Group therapy.

THE BENEFITS OF GROUP THERAPY FOR LGBTQIA+

Group therapy isn't just sitting in a circle and venting. It's a safe space facilitated by a licensed therapist where LGBTQIA+ individuals can explore their experiences, share challenges, and celebrate victories in a supportive and understanding environment.

Key Benefits of Group Therapy

- **Finding Your Tribe:** Isolation is a common struggle. Group therapy connects you with others who "get it," reducing loneliness and fostering a sense of belonging. You'll build a network of understanding friends who share your joys and support you through tough times.
- **Embracing Your Identity:** Understanding your sexual orientation or gender identity can be a journey. Group therapy provides a safe space to explore your feelings and experiences without judgment. You can learn from others' stories and gain a deeper understanding of yourself.
- **Celebrating Together:** It isn't just about coming out, it's about living authentically. Group therapy allows you to share your victories, big and small, with people who genuinely understand the significance.
- **Developing Communication Skills:** Group therapy fosters open and honest communication, allowing you to practice expressing your needs and feelings effectively. This can be especially helpful for navigating complex relationships and coming-out experiences.
- **Developing Healthy Coping Mechanisms:** Living with societal pressures can be tough. Group therapy equips you with tools to manage stress, anxiety, and depression. You'll learn healthy ways to cope and build resilience.

YOU ARE NOT ALONE

It is important to note that identifying as LGBTQIA+ is not a mental illness nor disorder. Instead, research shows that LGBTQIA+ adults are approximately twice as likely as non-LGBTQIA+ adults to report they have been diagnosed with depression. Other studies show that bisexual and transgender communities have the highest rates of mental health concerns within these populations, as do those in the younger age groups. At Connections Wellness Group, we support you on your mental health journey.

[Learn about your options >>](#)



ARE YOU A CANDIDATE FOR INTENSIVE DAYTIME THERAPY?

Connections Wellness Group offers free assessments to determine if intensive group therapy in a focused outpatient program is right for you. In addition to group therapy, we also have mental health providers who can help you decide if medication would be helpful and prescribe that medication.

Intense daytime therapy at Connections Wellness Group can be a good fit for many people seeking mental health treatment, but it works particularly well for those who need more structure and support than traditional individual therapy but don't require the 24/7 supervision of a residential program.

Our programs may be right for you if you:

- Have been feeling stuck and your mental health isn't improving.
- Experience daily life struggles that affect your ability to function at work, school or in your relationships.
- Are dealing with complex mental health issues like trauma, addiction or a severe mood disorder.
- Think medication could help ease mental health symptoms and regulate your brain chemistry.
- Feel hopeless, overwhelmed, or suicidal thoughts are creeping in. If you need to talk to someone immediately, call the National Suicide Prevention Lifeline by dialing 988.

Taking charge of your mental health is a powerful act of self-love, and the experienced therapy team at Connections Wellness Group is here to help. Group therapy can be a transformative experience, empowering you to embrace your authentic self and thrive. You are worthy, you are strong, and you are not alone.

Connections Wellness Group provides intense outpatient mental health programs that are meant to get you feeling better, faster.



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