

QUEER AND TRANS EXPERIENCES OF ACCESSING MENTAL HEALTH SUPPORT

GLORIA FRASER

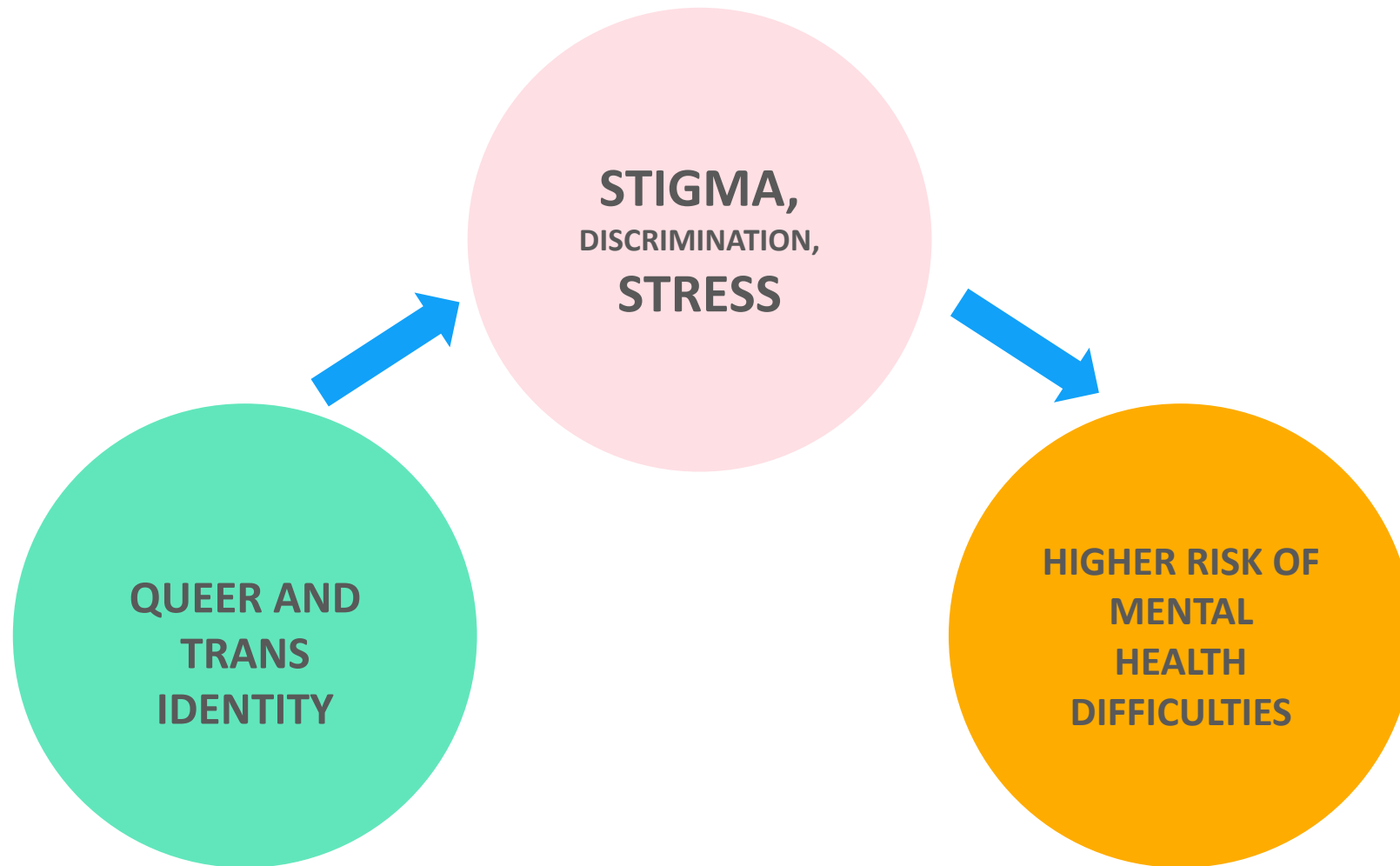
SUPERVISED BY MARC WILSON AND ANITA BRADY



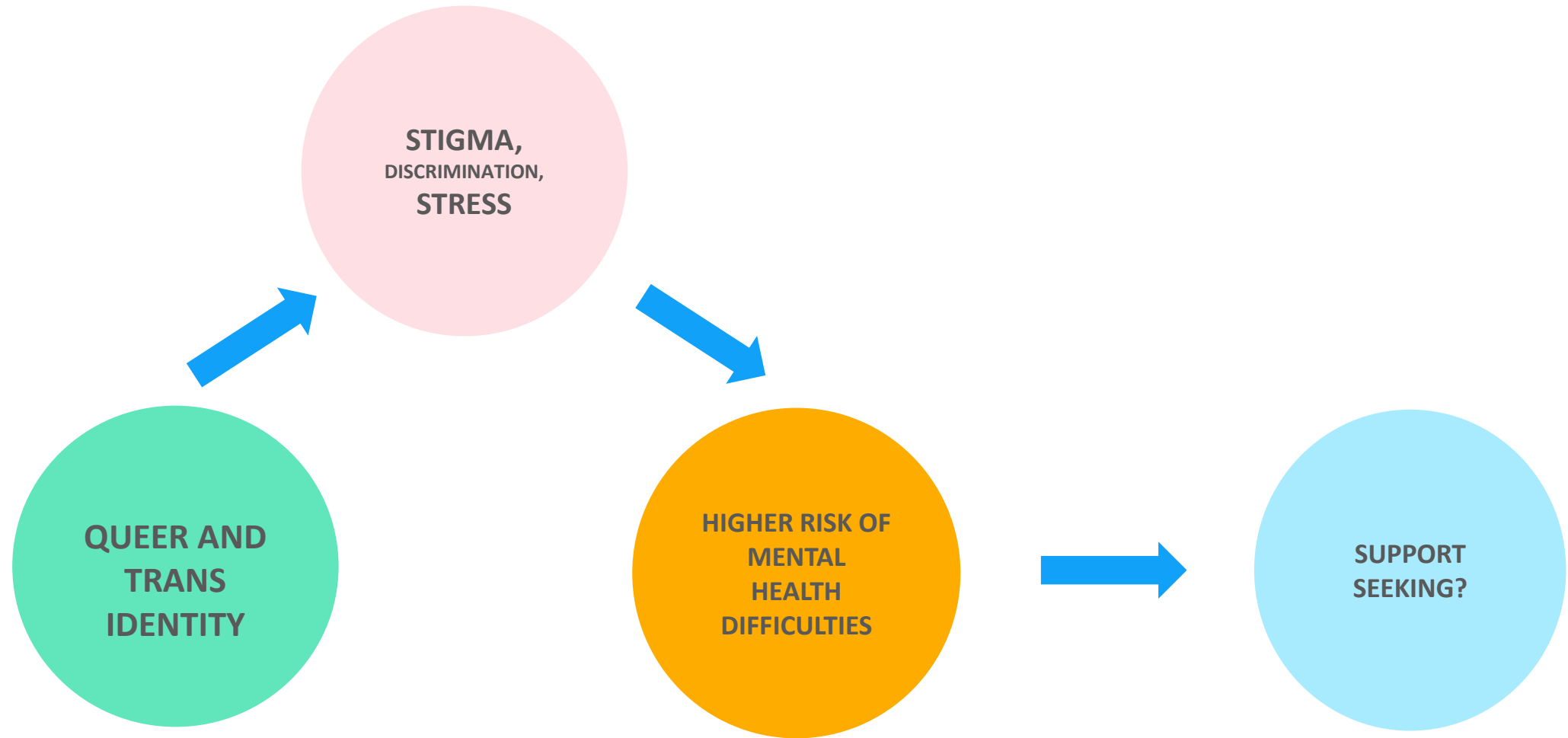
- Queer and trans
- LGBTQIA+
- Rainbow communities
- Sex, gender and sexuality diverse
- Minority sexes, genders and sexualities



Background




Explanations for Disparities



Research Questions

**What happens when
queer and trans people
seek support from
mental health services
in Aotearoa?**

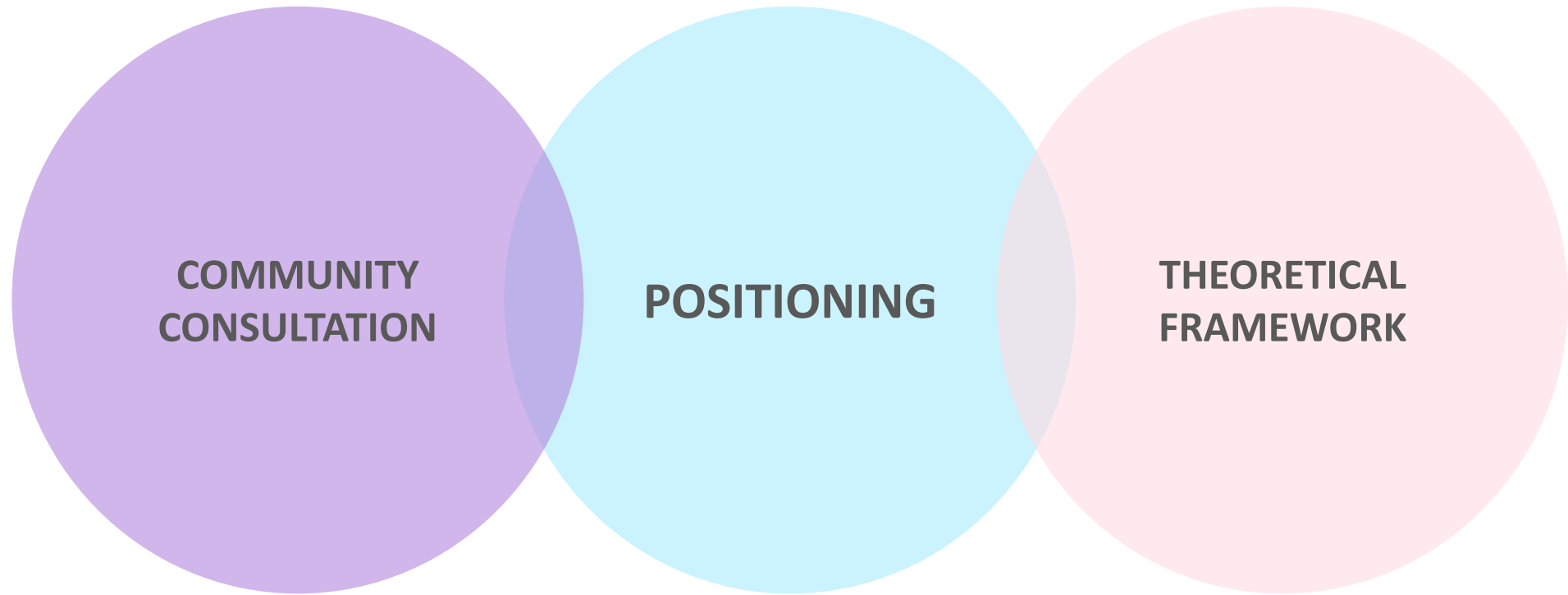
**How can these
experiences inform the
provision of mental
health care for
this group?**



Qualitative Study:
Experiences of accessing
support

Online Study:
Are these experiences
shared by a wider
group?

Develop Resource: To
guide mental health
professionals in work





Do you identify as **queer, takatāpui, nonbinary, trans, LGBTQIA+, MVPFAFF, or questioning?**

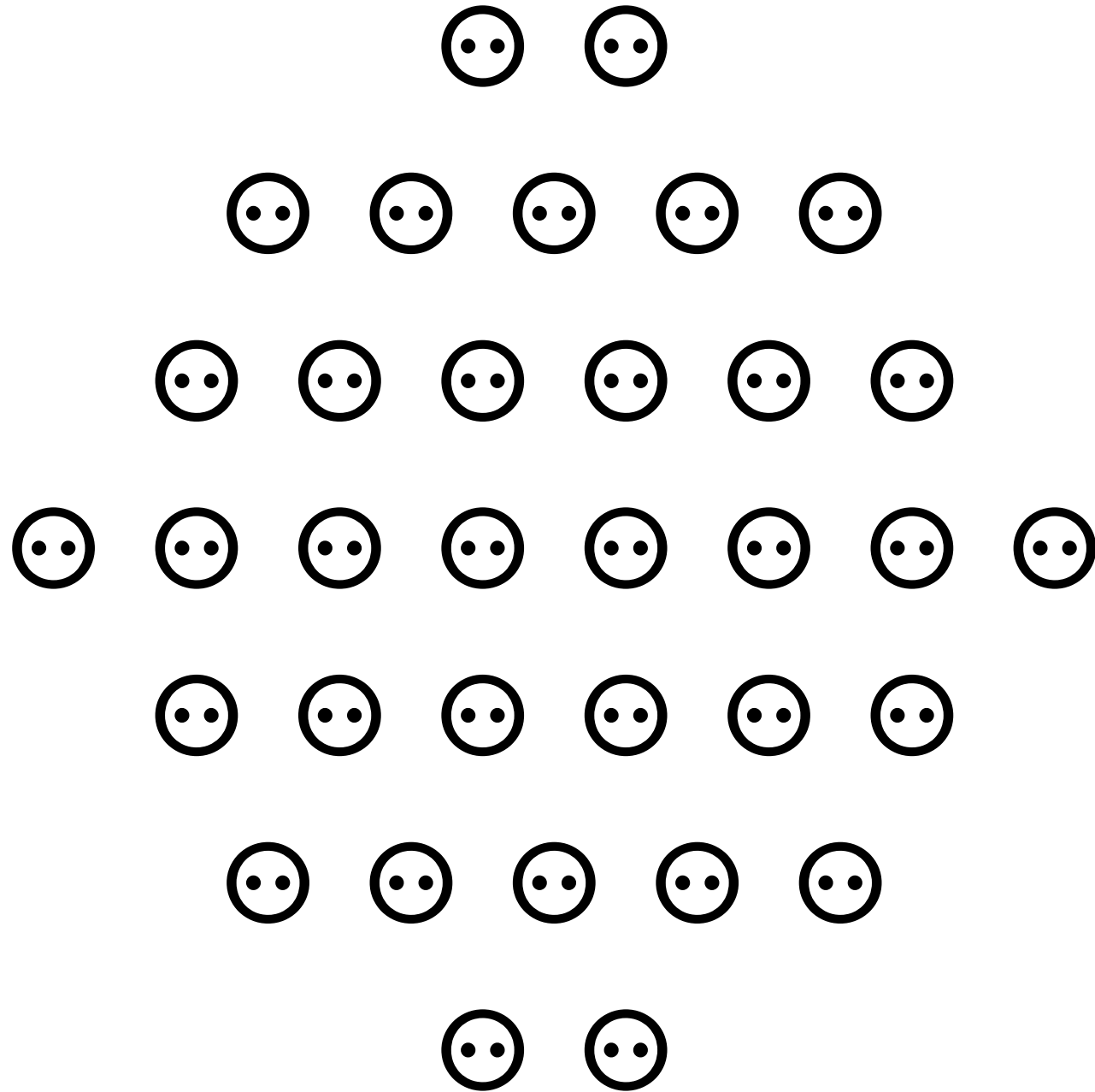
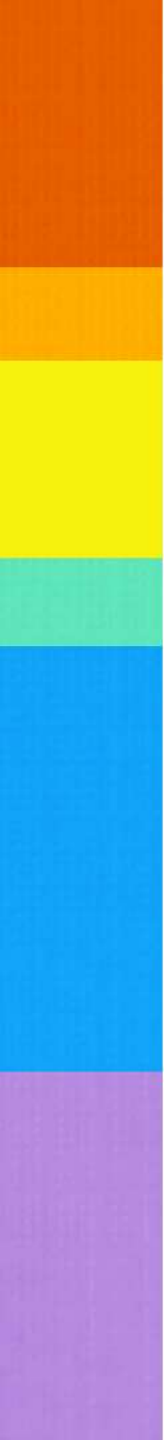
Have you **accessed, or considered accessing**, any mental health support in Aotearoa?

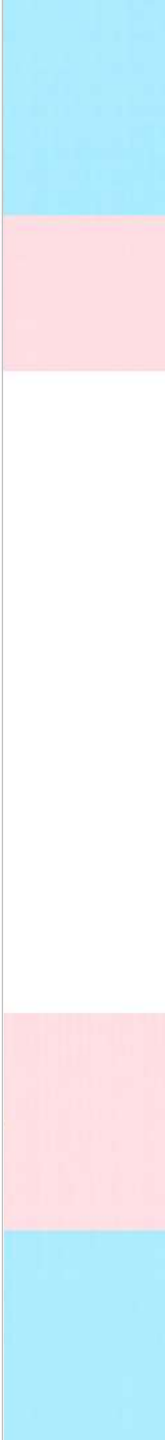
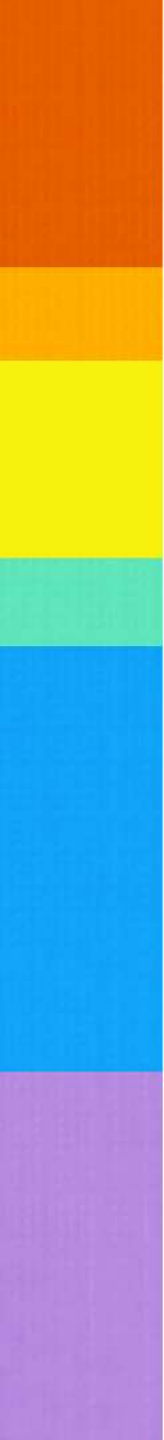
(E.g. from counsellors, psychologists, psychiatrists, or therapists)

Are you aged between **16 & 30?**

We would love to talk to you about your experiences. Interviews will be conducted throughout New Zealand and take around an hour. We are offering a koha of \$30 in petrol, supermarket, or cinema vouchers.

If you are interested in taking part, or to find out more, please contact Gloria **confidentially** at Gloria.Fraser@vuw.ac.nz





Cisgender men



Transgender men

Transgender women



Cisgender women

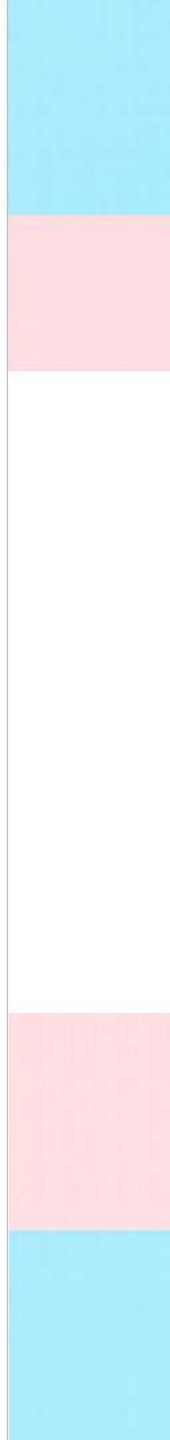
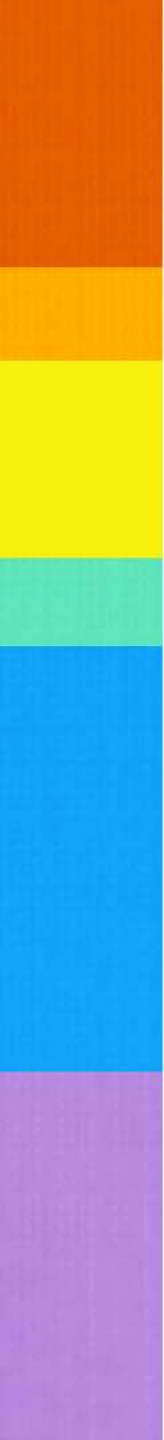


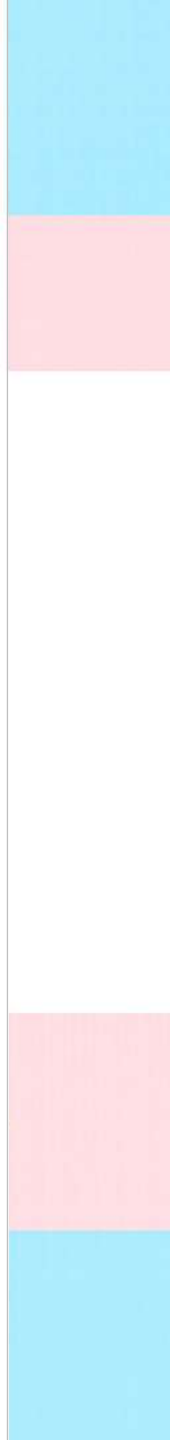
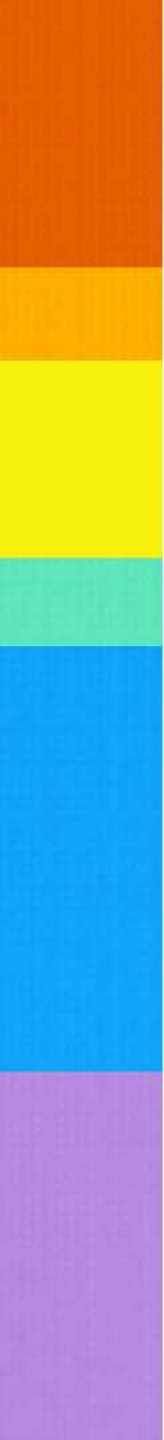
Nonbinary

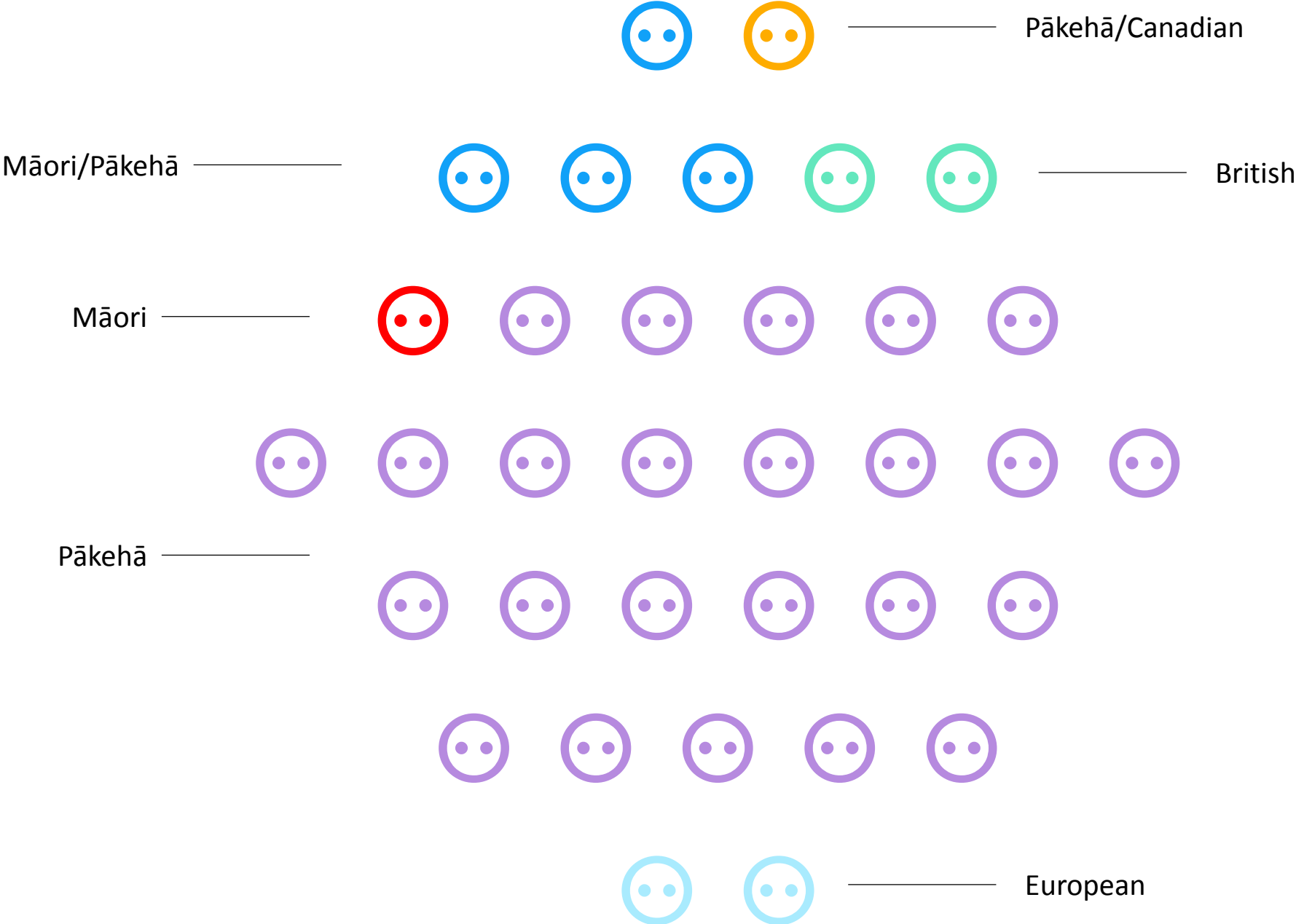
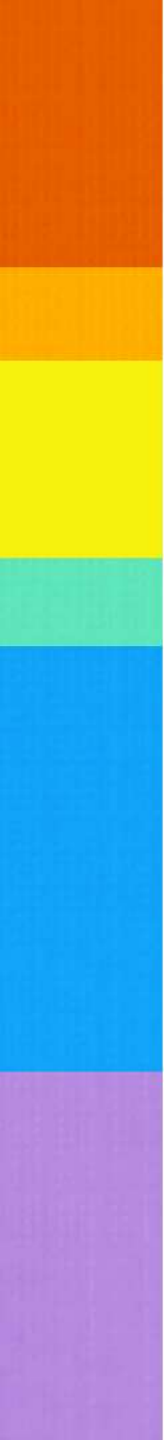


Intersex woman










Thematic Analysis




Access is
like a “game
of strategy”

“

*I did a lot of the standard, here's a counsellor, here's six weeks of therapy, let's see how you go and I'd always come back and be like, **obviously I'm not even touching the surface here** (...) I didn't really feel like we were getting there*

- Bonnie, cis woman, queer, mid twenties

Thematic Analysis



Access is
like a “game
of strategy”




Therapy as
microcosm

“

*I think that our mental health system is indicative of our entire society (...) There is no explicit difference in terms of the way **the culture of our mental health system is the same as the culture of our society**, and so all the same rules apply*

- Taylor, cis woman, lesbian, early twenties

Thematic Analysis



**Access is
like a “game
of strategy”**



**Signalling
safety**



**Therapy as
microcosm**

“

*Whenever I come out to someone I feel like I'm giving away a piece of myself, and sometimes I'm happy to do it and I trust them with that, but **sometimes it feels like someone's just taken something from me.** It's mine and it's so personal and integral to who I am and how I experience the world*

- Wallis, nonbinary/genderqueer, gay, late teens

Thematic Analysis

**Access is
like a “game
of strategy”**

**Signalling
safety**

**Therapy as
microcosm**

**Lack of
knowledge**

“

*I think our linguistic choices are crucial, particularly as minorities. That's kind of how we relate to the world, by choosing certain words to describe us, our behaviours, our histories. I think it's really important to honour pronouns and names (...) if I call myself transgender don't call me a transsexual. **I think our word choices are deliberate and I don't like seeing other people mess with those***

- Martin, trans man, queer, mid twenties

Thematic Analysis

**Access is
like a “game
of strategy”**

**Lack of
knowledge**

**Clinical
skill**

**Therapy as
microcosm**

**Signalling
safety**

“

*If somebody's like "hey I want to talk about my dad" or "I want to talk about depression" you just kind of focus on that, and if the other person wants to go into their sexuality or gender then go into it, but **it is something that I think is important to base around the person seeking help***

- Charlie, nonbinary, queer, mid twenties

Thematic Analysis

**Access is
like a “game
of strategy”**

**Lack of
knowledge**

**Clinical
skill**

**Therapy as
microcosm**

**Signalling
safety**

**Rainbow
champions**

“

*If I've been through everything that I've been through, I need to make something out of it, and **if I can make a change, or I can help someone who used to be like the way I was, I'm going to do it**, I'm going to everything that I can, I'm going to make the most of going through this journey*

- Cleo, cis woman, lesbian, late teens

Study 2 – Online Survey

Do the experiences of my 34 participants
reflect those of the wider rainbow
community?

Online survey about the needs of rainbow
New Zealanders in mental health settings

Quantitative measures adapted from Study 1
findings



Are you **queer, trans,
nonbinary, takatāpui,
intersex, LGBTQIA+,
MVPFAFF** or questioning?

Have you **accessed any
mental health support
in Aotearoa?**

(E.g. from counsellors,
psychologists, psychiatrists,
or therapists)

Are you aged
14 or older?

We would love to hear about your experiences!
Researchers at Victoria University of Wellington
have teamed up with Gender Minorities
Aotearoa, InsideOUT and RainbowYOUTH to
create a 15 minute survey. Your responses will be
used to make resources for mental health
professionals and you will enter the draw to win a
\$50 voucher.

Go to



Gloria.Fraser@vuw.ac.nz

Thank you for listening!
He pātai?