

# Mental Wellness for Sexual and Gender Minorities



Glee L. Dunbar, MSW, LCSW, MHPP

# Mental Health Concerns of Sexual and Gender Minorities

- ❖ Depression
- ❖ Anxiety
- ❖ Substance Use
- ❖ Self-Harm
- ❖ Suicidal Thoughts and Attempts

# Protective and Risk Factors

Supportive or  
Unsupportive Family

Coming  
Out

History of  
Suicidal  
Ideation and  
Self-Harm

Environmental  
Safety

Culture of  
Area

Quality of  
Relationships  
Outside of  
Home

Feelings  
about self

Basic  
Needs

**Salary Form**

Section 1: General Information (Name, Title, Department, Supervisor, Effective Date)

Section 2: Salary and Compensation (Current Salary, Pay Period, Overtime Hours)

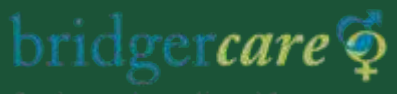
Section 3: Benefits and Insurance (Medical, Dental, Vision, Life Insurance)

Section 4: Tax Information (Federal Tax Withholding, State Tax Withholding)

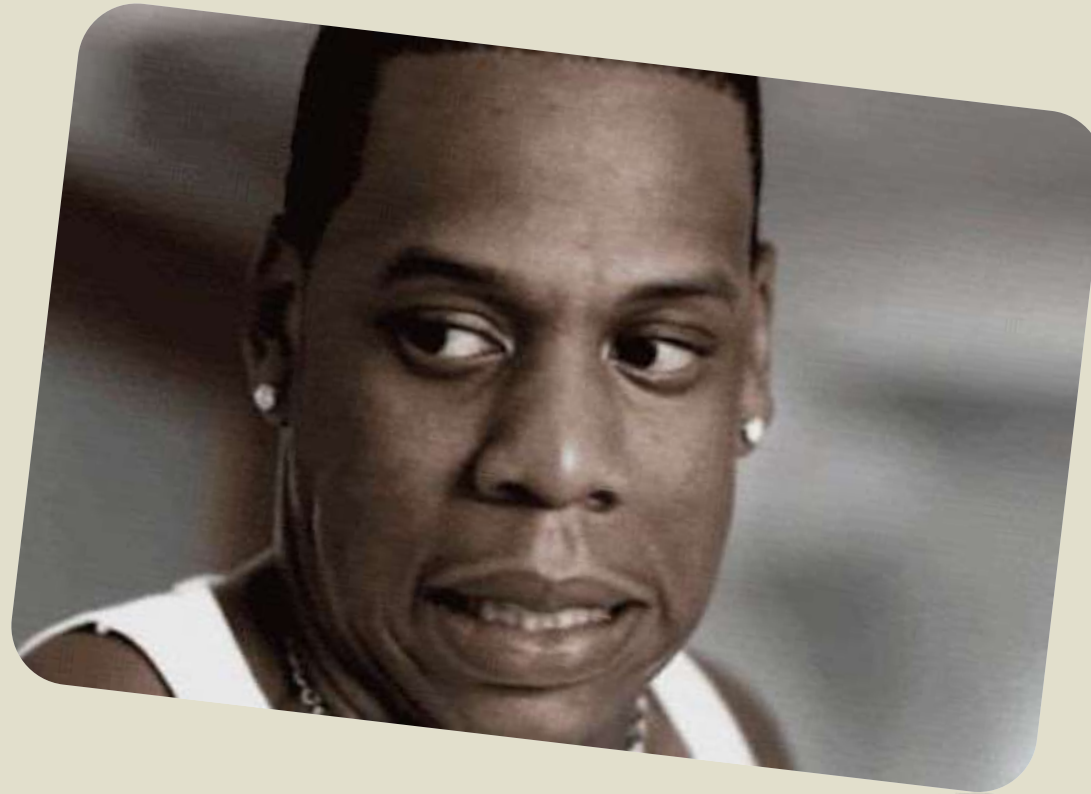
Section 5: Signature and Date



# Enhancing Protective Factors



# Having Empathy for Unsupportive Guardians





# Questions





Thank you!

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[glee.dunbar@gmail.com](mailto:glee.dunbar@gmail.com)