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April 15, 2016

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and Addiction Services  
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## **Department of Mental Health and Addiction Services Premieres Video Focusing on Behavioral Health in the Transgender Community**

*25-minute video looks at mental health and substance use issues of four transgender individuals*

(Hartford, CT) – The Department of Mental Health and Addiction Services (DMHAS) today premiered a 25-minute video which delves into the mental health and substance use issues of four transgender individuals in Connecticut.

“Becoming Myself: A Transgender Perspective on Behavioral Health” tells the stories of four transgender residents and the behavioral health challenges they faced as transgender individuals. People who are lesbian, gay, bisexual and transgender (LGBT) face greater health threats than their heterosexual peers, partly because of differences in sexual behavior and partly because of social and structural inequities, such as stigma and discrimination. This includes not only threats to their physical health, but to their mental health as well.

“In addition to the mental health and substance use issues people face every day, transgender individuals are faced with additional challenges such as social inequities, stigma and discrimination, often times resulting in or complicating behavioral health problems,” said DMHAS Commissioner Miriam Delphin-Rittmon. “We are grateful to the individuals in this video who have so willingly shared their stories so that we can better understand mental health and substance use issues transgender individuals face so they can be better served and understood by providers.”

People who are transgender are considered to be at higher risk for mental health concerns. Forty-one percent of trans or gender non-conforming people report having attempted suicide versus 4.6% of the overall U.S. population. Studies have also shown that members of the LGBT community are more likely to use drugs, have higher rates of substance abuse and continue heavy drinking later in life.

The video is available on the [DMHAS website](http://www.ct.gov/dmhas) at [www.ct.gov/dmhas](http://www.ct.gov/dmhas) as well as on the agency’s social media pages. For more information about mental health programs and services available for members of the LGBT community, go to [www.ct.gov/dmhas/lgbt](http://www.ct.gov/dmhas/lgbt).

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