





Connecting Conversations:

Digital Solutions for Mental Health

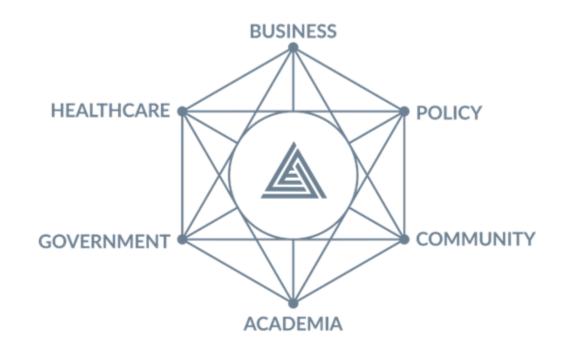




#### Who We Are

The Eidos LGBTQ+ Health Initiative at the University of Pennsylvania cultivates and engages emerging and experienced leaders from community, academic, civic and business spheres to create innovative solutions for the LGBTQ+ community.

Taking an action-oriented business approach, backed by world-class research, we co-create innovative solutions that ensure impact for LGBTQ+ health.



### The State of LGBTQ+ Health





of transgender individuals report having been denied care outright because of their gender identity

## LGBTQ+ people suffer from higher rates of health concerns including:

- Cancer
- Cardiovascular disease
- Sexual health
- Mental health
- Tobacco & substance use
- Violence & victimization



## Digital Interventions can bridge gaps

Digital interventions offer powerful tools to reach, engage, and retain geographic and socio-politically diverse communities.

- Disease Surveillance and Monitoring
  - Real-Time Data Collection
  - Symptom Tracking
  - Appointment Scheduling
  - Contact Tracing and Notification
- Telemedicine and Remote Consultations
  - Virtual Consultations
  - Prescription Management
- Health Monitoring for Chronic Conditions
  - Personal Health Records
  - Medication Reminders

- Community Engagement
  - Advocacy
  - Social support
- Health Education and Promotion
  - Content Delivery
  - Behavior Change Support
- Collaboration and Information Sharing
  - Data Collection
  - Dissemination

## LGBTQ+ Health in the Digital Age

Queer people have historically innovated solutions when resources were not available or tailored to our needs.



Photo by Lance Micklus © copyright 1982.

The author's MOUSE-NET BBS system is a TRS-80 Model III with four disk drives. The auto-answer modem sits on top of the computer next to the phone.



mbers Click Here

#### Welcome to Gay.Net

the hottest gay acces exited



The tremendous response to Gay.Net has required us to delay new membership for just a few weeks until a major technical upgrade will allow us to properly support everyone who wants to join this hot new community.

We very much want you to be a part of our growing online family. We hope you understand why we want to make sure that our hot chat, cool graphics and global news and entertainment are delivered to all our members with the speed and reliability you deserve.

Please take just one minute to fill out this short form, and when our upgrade is ready, we will email you immediately. New memberships will be processed on a first come, first serve basis so please sign up today. Thanks for your understanding and we look forward to welcoming you into this exciting new gay community.

Your information is strictly confidential and will not be shared with anyone under any circumstances.

Please enter your first and last name.

Enter your e-mail address (name@domain name)

# Pros and Cons of Digital Interventions for LGBTQ+ Communities

#### **Benefits**

Increased access to resources for underserved regions.

Digital platforms offer anonymity, accessibility, and tailored content, making them appealing.

Customizable, inclusive content tailored for specific subgroups.

Flexible and scalable.

#### Challenges

#### **Evidence shows mixed levels of adoption:**

- -Risk of excluding those with limited digital literacy access.
- Generalized content can miss the mark culturally.

Data privacy concerns, especially in discriminatory environments.

Limited interpersonal connection compared to traditional interventions.

