



Connecting Conversations: **Digital Solutions for Mental Health**



**Penn
Nursing**
UNIVERSITY of PENNSYLVANIA

**Eidos LGBTQ+
Health Initiative**

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

7.2%

of Americans identify as LGBT, and growing (19.7% in Gen Z)

16%

of LGBT people report experiences of discrimination when seeking medical care

27%

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



**Penn
Nursing**
UNIVERSITY OF PENNSYLVANIA

Eidos LGBTQ+
Health Initiative



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

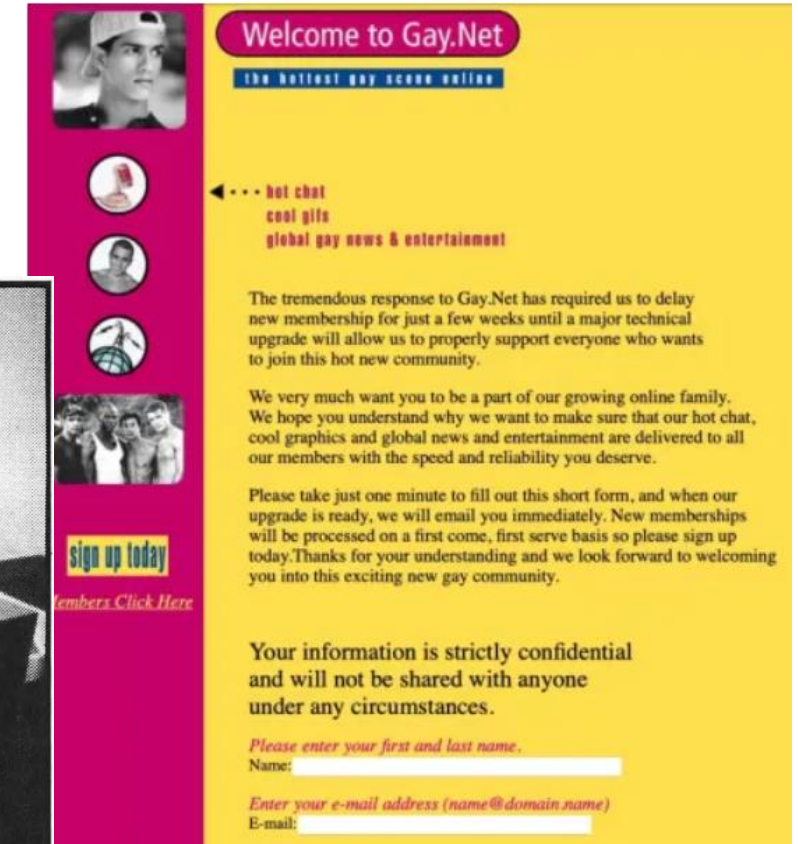
LGBTQ+ Health in the Digital Age

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.



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.