# More than a million New Yorkers identify as LGBTQ+



More than one million New Yorkers now identify as LGBTQ+, a significant rise in the community’s population across the state, according to recent data from the New York State Department of Health. Approximately 8.2% of the state’s population identifies as lesbian, gay, bisexual, or another sexual orientation. Bisexual individuals constitute the largest segment at 3.9%, followed by 2.9% identifying as lesbian or gay, and 1.4% identifying with other sexual orientations. Additionally, transgender, gender non-conforming, non-binary, and intersex individuals collectively make up 1.4% of the population.

This growing visibility is accompanied by persistent health disparities and mental health challenges faced by LGBTQ+ New Yorkers. A March 2025 report from the NYC Department of Health revealed stark differences in psychological distress rates between LGBTQ+ adults and their heterosexual counterparts. Adults identifying as gay or lesbian showed a 12% rate of serious psychological distress, bisexual adults 16%, and those identifying with other sexual orientations as high as 23%. Particularly concerning are the elevated distress levels among transgender (21%), non-binary (23%), and other gender minority adults (25%), rates two to three times higher than cisgender adults.

These mental health challenges extend beyond psychological distress. A separate New York State Department of Health report published in July 2025 illustrated that around 15.2% of those identifying as LGBTQ+ and 14% of transgender individuals have either considered or attempted suicide, a rate more than four times that of heterosexual and cisgender populations. The report also highlighted socioeconomic hardships within the community, with about one in three experiencing food insecurity and over twice the rate of financial barriers to healthcare compared to the general population.

The historical context provided by earlier reports underscores these ongoing disparities. A 2022 New York State Department of Health report estimated nearly one million adults identified as LGBO (lesbian, gay, bisexual, or other sexual orientation), with transgender or gender non-conforming adults comprising 0.5%. It also showed that these individuals were more likely to lack a regular healthcare provider—24.4% for LGBO adults and 27.5% for transgender adults versus 20.5% in the general population—highlighting systemic access issues.

Mental health disorders like depression are commonly reported within the LGBTQ+ community. The 2022 findings indicated that approximately 32% of LGBO adults had been diagnosed with a depressive disorder, double the 16% prevalence seen in the wider population. The disparity was even more pronounced among transgender adults, where 38% reported such diagnoses. These figures align with a 2023 study focusing on Long Island’s Nassau and Suffolk Counties, where over 60% of LGBTQ+ respondents reported symptoms of chronic depression. The study also detailed troubling encounters with healthcare, with more than one-third experiencing disrespectful treatment and two-thirds subjected to verbal harassment. Those identifying as bisexual, pansexual, queer, gender non-conforming, or transgender faced the highest mental health burdens and barriers to care.

Alongside psychological struggles, social isolation remains a critical issue. Nearly half of transgender adults and three-quarters of non-binary or genderqueer adults reported feelings of social isolation, rates significantly higher than the 39% seen in cisgender adults. These findings spotlight the complex interplay of mental health, social support, and healthcare access facing the LGBTQ+ population in New York.

The data collectively underline an urgent need for targeted, affirming healthcare services and mental health support tailored to the diverse realities within the LGBTQ+ community. While the rising number of people openly identifying as LGBTQ+ signals progress in visibility and acceptance, it must be matched by robust interventions and resources aimed at addressing persistent inequities. Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.joemygod.com/2025/07/survey-over-1-million-new-yorkers-identify-as-lgbtq/> - Please view link - unable to able to access data
2. <https://www.nyc.gov/site/doh/about/press/pr2025/new-report-highlights-mental-health-challenges-lgbtq-new-yorkers-may-face.page> - In March 2025, the NYC Department of Health released a report highlighting mental health challenges faced by LGBTQ+ New Yorkers. The report found that adults identifying as gay or lesbian (12%), bisexual (16%), another sexual orientation (23%), or unsure of their sexual orientation (13%) had higher rates of serious psychological distress (SPD) compared to heterosexual adults (7%). Transgender (21%), nonbinary (23%), and other gender minority adults (25%) were 2 to 3 times more likely to experience SPD than cisgender adults (8%). Social isolation was also more prevalent among LGBTQ+ adults, with nearly half of transgender adults (49%) and three in four non-binary or genderqueer adults (73%) experiencing social isolation, higher than the prevalence among cisgender adults (39%).
3. <https://www.timesunion.com/state/article/lgbtq-people-new-york-higher-rates-mental-20762915.php> - A July 2025 report from the New York State Department of Health revealed that LGBTQ+ individuals in New York experience higher rates of mental distress, depression, and suicidal ideation compared to their heterosexual and cisgender counterparts. The report indicated that about 15.2% of New Yorkers identifying as lesbian, gay, bisexual, or with another sexual orientation, and 14% who are transgender, have considered or attempted suicide, more than four times higher than the rates among heterosexual, cisgender individuals. Additionally, approximately one in three of these individuals have experienced food insecurity, and the share reporting financial barriers to obtaining health care was more than double that of the general population.
4. <https://health.ny.gov/press/releases/2022/2022-06-07_pride_month.htm> - In June 2022, the New York State Department of Health released a report highlighting health disparities among LGBTQ+ New Yorkers. The report found that an estimated 1 million adults, or 7.9% of the state's adult population, identify as lesbian, gay, bisexual, or other sexual orientation, excluding heterosexual (LGBO), and 0.5% identify as transgender or gender non-conforming. The report also noted that LGBO adults and transgender adults are more likely to report not having a regular health care provider (24.4% and 27.5%, respectively) compared to the general adult population (20.5%).
5. <https://www.crainsnewyork.com/health-care/state-department-healths-new-lgbtq-data-report-shows-new-yorks-need-affirming-health> - A June 2022 report from the New York State Department of Health highlighted the need for affirming health care for LGBTQ+ individuals. The report found that nearly 1 million New Yorkers identify as LGBTQ+ or as gender non-conforming. It also revealed that LGBO adults are more likely to suffer from mental health issues, with about 32% having been diagnosed with a depressive disorder, double the 16% figure for the general population. The contrast is even more stark for transgender adults, 38% of whom have been diagnosed with a depressive disorder.
6. <https://pubmed.ncbi.nlm.nih.gov/36780090/> - A 2023 study published in the Community Mental Health Journal assessed the health care experiences, behaviors, access to care, and health care needs of LGBTQ+ individuals in Nassau and Suffolk Counties, New York. The study found that over 60% of respondents reported symptoms of chronic depression; over one third reported disrespectful health care experiences; and two thirds experienced verbal harassment. Bisexual/bicurious, pansexual, queer, gender non-conforming, and transgender individuals experienced the highest rates of mental health concerns and difficulty accessing care.