# Nearly 70% of trans community with mental health issues says report



VODA, an LGBTQ+ mental health app, has unveiled its State of Trans+ Mental Health 2024 report, highlighting a concerning landscape for the mental health of the trans+ community worldwide. The report is based on a survey comprising 2,165 respondents from 75 different countries, revealing that over half of those surveyed regard their mental health as poor or very poor.

The findings paint a stark picture of the mental health challenges faced by trans+ people. A significant 67.8% of respondents reported being diagnosed with a mental health condition, with anxiety (76.1%) and depression (71.2%) emerging as the most prevalent issues. The report further identifies non-binary and genderqueer individuals, who often face unique struggles that are inadequately represented in existing mental health research.

Among the key challenges highlighted in the report, 79.8% of participants indicated the experience of gender dysphoria as a critical concern, while 80.4% reported anxiety regarding social acceptance. Fear of discrimination (70.7%) and potential family rejection (59.9%) were also cited as significant stressors impacting mental well-being. Nearly half (49%) of those surveyed experienced obstacles when seeking mental health services that are inclusive and sensitive to trans+ issues.

The report reveals that many respondents turned to self-help resources, with 51.7% relying on them, while only 30.6% accessed in-person therapy. Alarmingly, 13.8% of participants reported not using any mental health resources at all. The lack of accessible, trans-inclusive mental health support emerged as a particularly concerning finding. One gender-fluid individual expressed the urgent need for "in-person counselling in schools that is completely confidential," underscoring the crucial need for tailored mental health services.

A significant 83.7% of participants underscored the importance of developing mental health services for the trans+ community that are created by trans+ individuals themselves. This reflects a wider consensus on the necessity for therapists who are knowledgeable about the experiences and challenges faced by trans+ people.

“The need for specialised trans+ mental health services has never been more clear,” commented Jaron Soh, the founder of VODA. He emphasized the urgency of bridging existing gaps in mental healthcare to ensure that trans+ individuals have access to empathetic and inclusive support systems. In response to the articulated needs of the community, VODA is set to launch its new Trans+ Library. This initiative promises to be the largest source of free, trans-specific mental health resources globally and is being developed entirely by trans therapists to address the distinct experiences of the trans+ community, including issues such as gender dysphoria, coming out, and access to safe spaces.

VODA remains committed to shaping safe and supportive environments for LGBTQ+ individuals, seeking to provide vital mental health resources tailored to the needs of the community. Through the establishment of the Trans+ Library and other initiatives, VODA aims to address the pressing mental health requirements of the trans+ population in an increasingly complex and challenging landscape.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://apps.apple.com/us/app/voda-lgbtqia-mental-wellness/id1609960860> - Details the features of the Voda app, including daily AI advice, queer-led meditations, and cognitive journaling, which are relevant to the mental health support needs of the LGBTQIA+ community.
* <https://www.attitude.co.uk/life/lgbtqia-mental-health-app-voda-raises-270k-in-pre-seed-funding-466998/> - Discusses the funding and the mission of Voda to address the mental health crisis in the LGBTQIA+ community, highlighting the high rates of mental health issues and the need for accessible support.
* <https://www.thebaehq.com/bae-watch/voda> - Provides information on Voda's business model, user base, and the effectiveness of its therapy programs in reducing anxiety and depression among LGBTQ+ users, which aligns with the report's findings on mental health challenges.
* <https://www.voda.co> - Outlines the app's features, including self-guided therapy programs and mindfulness exercises, which are designed to address specific LGBTQIA+ issues such as gender dysphoria and social acceptance anxiety.
* <https://healthify.nz/apps/v/voda-app/> - Reviews the Voda app's safety, security, and clinical relevance, noting its focus on evidence-based therapy and support for LGBTQIA+ users, which is crucial for the report's emphasis on inclusive mental health services.
* <https://www.thebaehq.com/bae-watch/voda> - Mentions the app's development by a team of LGBTQIA+ psychotherapists and the importance of lived experiences in shaping the app's content, reflecting the report's call for services created by trans+ individuals.
* <https://apps.apple.com/us/app/voda-lgbtqia-mental-wellness/id1609960860> - Highlights the app's commitment to safety and privacy, ensuring that user data is encrypted and not shared with third parties, which is important given the report's emphasis on confidential and inclusive services.
* <https://www.attitude.co.uk/life/lgbtqia-mental-health-app-voda-raises-270k-in-pre-seed-funding-466998/> - Quotes Jaron Soh, the CEO of Voda, on the systemic discrimination and personal trauma faced by the LGBTQIA+ community, aligning with the report's findings on the critical concerns of gender dysphoria and social acceptance anxiety.
* <https://www.thebaehq.com/bae-watch/voda> - Discusses the app's traction and user feedback, indicating that users find the app helpful for managing anxiety, depression, and other mental health issues, which supports the report's data on the prevalence of these conditions.
* <https://healthify.nz/apps/v/voda-app/> - Provides clinical reviews of the app, noting its effectiveness in addressing early stages of gender and sexuality affirmation and its potential for future improvements, such as including local community support information.