# VODA study reveals alarming mental health concerns for trans+ community



Recent research conducted by mental health app VODA has revealed concerning insights into the mental health struggles faced by trans+ individuals worldwide. The study, which surveyed over 2,300 respondents from 75 countries, highlights the pervasive fear and adverse mental health statistics within this community.

The findings indicate that a staggering 80% of trans+ individuals experience anxiety about online hate. This anxiety is exacerbated by the fact that 51.3% of those surveyed describe their mental health as poor or very poor, a figure significantly higher than that of the general population. Additionally, 40.7% of participants reported difficulties in accessing trans-inclusive mental health support, illustrating a significant gap in services available to this demographic.

In light of these alarming statistics, particularly following Meta’s recent policy revisions that permit greater anti-LGBTQ+ hate speech, VODA has taken proactive measures by launching a complimentary digital resource: Coping with Hate Speech. This toolkit, developed by prominent LGBTQIA+ psychotherapists, comprises five distinct modules aimed at providing users with effective, therapist-led methods for managing online abuse and safeguarding their mental wellbeing.

The comprehensive toolkit addresses several key areas:

* Strategies for building resilience and managing emotional distress.
* Guidelines for establishing social media boundaries to limit exposure to harmful content.
* Evidence-based techniques for coping with and processing instances of hate speech.

Jaron Soh, Co-Founder and CEO of VODA, remarked on the implications of the study and Meta’s policy change: “This isn’t just about online rhetoric. It’s about the real-world consequences of legitimizing hate speech. Meta’s decision will increase anxiety and poor mental health outcomes in our community.”

For those interested in more information, the complete press release is available, and opportunities for interviews with VODA’s founders or their lead psychotherapist, Chris Sheridan MBACP (they/them), can be arranged upon request.

## Bibliography

* <https://jakeldn.com/nearly-70-of-trans-community-with-mental-health-issues-says-report/> - This article supports the claim that a significant portion of the trans+ community experiences mental health issues, with over half describing their mental health as poor or very poor. It also highlights the challenges faced by this community, including fear of discrimination and difficulty accessing inclusive mental health services.
* <https://www.thepinknews.com/2024/11/28/transphobia-report-voda-2024/> - This report corroborates the findings that transphobia significantly impacts the mental health of trans+ individuals, with a focus on discrimination and lack of social acceptance as major stressors.
* <https://www.attitude.co.uk/life/lgbtqia-app-voda-launches-free-mental-health-resource-library-for-trans-individuals-473212/> - This article discusses VODA's initiative to provide mental health resources for the trans community, which aligns with the need for more accessible and inclusive support services highlighted in the study.
* <https://www.acquisition.gov/far/part-9> - This URL does not directly support the claims about trans+ mental health but is included as it was part of the search results. It pertains to federal contracting policies and procedures.
* <https://www.uscourts.gov/sites/default/files/ST2010-06-Vol2.pdf> - This document does not support the claims about trans+ mental health. It discusses rules of practice and procedure in legal contexts.