How to use this tool:
This list is for you, as an LGBTQ+ youth, to help you find affirmative mental health care and aims to support your search by offering key questions and considerations. You can use this list as it is or as a jumping off point.

At first assessment, does your therapist...

☑ Ask about your gender identity and sexual orientation?
☐ Do the consent and confidentiality forms offer a range of identities?
☐ Ask for your chosen name and pronouns on their forms and during the interview?
☐ Have they asked you about where and when it’s safe to use your chosen name and pronouns?
☐ Ask you whether it’s okay to involve your parents/caregivers?
☒ Have awareness of LGBTQ+ organizations?
☒ Are they able to make referrals to queer specific resources and organizations?

Does your therapist...

☐ Have the right credentials (registered/licensed, education, and training)? Remember, you have the right to ask the therapist about their background and experience.
☐ Ask how many years they have been a clinical therapist? How many LGBTQ+ clients have they worked with and for how long?
☐ When did they finish their training?
☐ Experience working with LGBTQ+ youth?
☐ Do you have to teach them about LGBTQ+ issues?
☐ Do their answers seem like they’re willing to learn?
☐ Seem to understand the history and impact of LGBTQ+ discrimination and human rights issues?
☐ Understand the difference between gender identity and sexual orientation?
☐ Talk about either staying or coming out of “the closet”? You should not be pressured to come out to anyone.
☐ Understand all your identities (i.e., gender, sexuality, race, ability) and how they fit together?
☐ Seem open to feedback?
☐ Make you feel heard and validated?
☐ Help you...
☒ Advocate for your needs?
☐ Have difficult conversations?
☒ Navigate your various spaces (home, school, sports, etc.)?
☐ How committed is the therapist to you?
☐ Do they follow-up if they haven’t seen you in a while?
☐ Do you feel like you’re being well cared for or do you feel like just a number?
☐ Do you feel like you have control and agency? Are your needs getting met?

Safety & Privacy
☐ Do you have a say in who will have access to your information?
☐ Sometimes therapists work in teams to get ideas about how to best serve you in therapy. Can you ask about this process and how your confidentiality will be kept?
☐ Feel comfortable asking about your safety?

Notice/check out...

☐ The physical space:
☒ Do you see LGBTQ+ positive signs?
☐ Their communications/on the website:
☒ Do they identify their own pronouns?

This list was compiled by AFFIRM group therapy facilitators who identify as members of the 2S/LGBTQ+ community and are informed by their extensive experience providing therapy to queer clients and facilitating AFFIRM groups. For more information, visit projectyouthaffirm.org.