

YOU ARE NOT ALONE

- LGBT people are 3-4 times as likely as heterosexual counterparts to report alcohol dependence
- Lesbians are 11-12 times as likely as heterosexual women to report drug dependence
- Gay and bisexual men are 4-6 times as likely to report drug dependence
- 26% of transgender participants said they abused alcohol or drugs to cope with rejection from family or society

RESOURCES FOR SUBSTANCE ABUSE TREATMENT

LGBTQ-only meetings of Alcoholics Anonymous are held virtually and in the community. For more information, call:

Alcoholics Anonymous: 520-624-4183

Water of Life Metropolitan Community Church: 520-292-9151

El Rio Health offers affirming behavioral health care, including individual and group therapy for substance abuse: **520-309-3322**

SMART Recovery is a psychology-based program that some may prefer over spiritual options. More info online at <https://www.smartrecovery.org/>.

References

American Addiction Centers, 2021. Retrieved from <https://americanaddictioncenters.org/transgender>.

Ruth, R., Santacruz, E. (2017). *LGBT psychology and mental health: Emerging research and advances*. Praeger.