RESEARCH TEAM:

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RESEARCH SUMMARY

AN EMPIRICAL EVALUATION OF MENTAL HEALTH SUPPORT NEEDS AND ACCESS AMONG YOUNG LGBTI+ INDIVIDUALS IN VIETNAM

FEBRUARY 2025



This participatory action research involved 23 young LGBTI+ and allied researchers living, studying, and working in various provinces and cities of Vietnam. The research focused on the mental health of young LGBTI+ individuals in Vietnam, particularly their needs and accessibility to support services.

Research indicates that LGBTI+ individuals often face social pressure, discrimination, and barriers when seeking medical services.

01/ OBJECTIVES

• Assess the actual mental healthcare needs of young LGBTI+ individuals in Vietnam.

• Identify barriers to accessing mental health services.

• Propose solutions to improve support services tailored to community needs.

02/ RESEARCH METHODS

This study employed a mixed-methods approach, including:

• **Quantitative analysis:** A survey of **122 young LGBTI+ individuals** on their experiences and mental health support needs, and **14 mental healthcare professionals**.

• **Qualitative interviews: 33 in-depth interviews** with LGBTI+ individuals and mental healthcare professionals.

• **Literature review:** An evaluation of previous research on LGBTI+ mental health.

03/ KEY FINDINGS

4.1. MENTAL HEALTHCARE NEEDS

• **Over 80% of participants** exhibited varying levels of depressive symptoms.

• **53.3%** had never used psychological services but **acknowledged a high need.**

• Those **who had received counseling reported more positive** mental health experiences.

4.2. EXPERIENCE WITH MENTAL HEALTH SUPPORT SERVICES

- Doctors and medical professionals were **rated fairly high for expertise.**
- However, **discrimination and a lack of gender sensitivity persist** in some medical facilities.
- Mental healthcare **services remain inadequate in meeting LGBTI+ needs.**

4.3. BARRIERS TO ACCESSING SERVICES

- **High costs:** The most significant barrier for young LGBTI+ individuals.
- **Lack of awareness among healthcare professionals** regarding LGBTI+-specific needs.
- **Concerns about discrimination and confidentiality**, deterring many from seeking support.

04/ RECOMMENDATIONS

5.1. FOR HEALTHCARE INSTITUTIONS

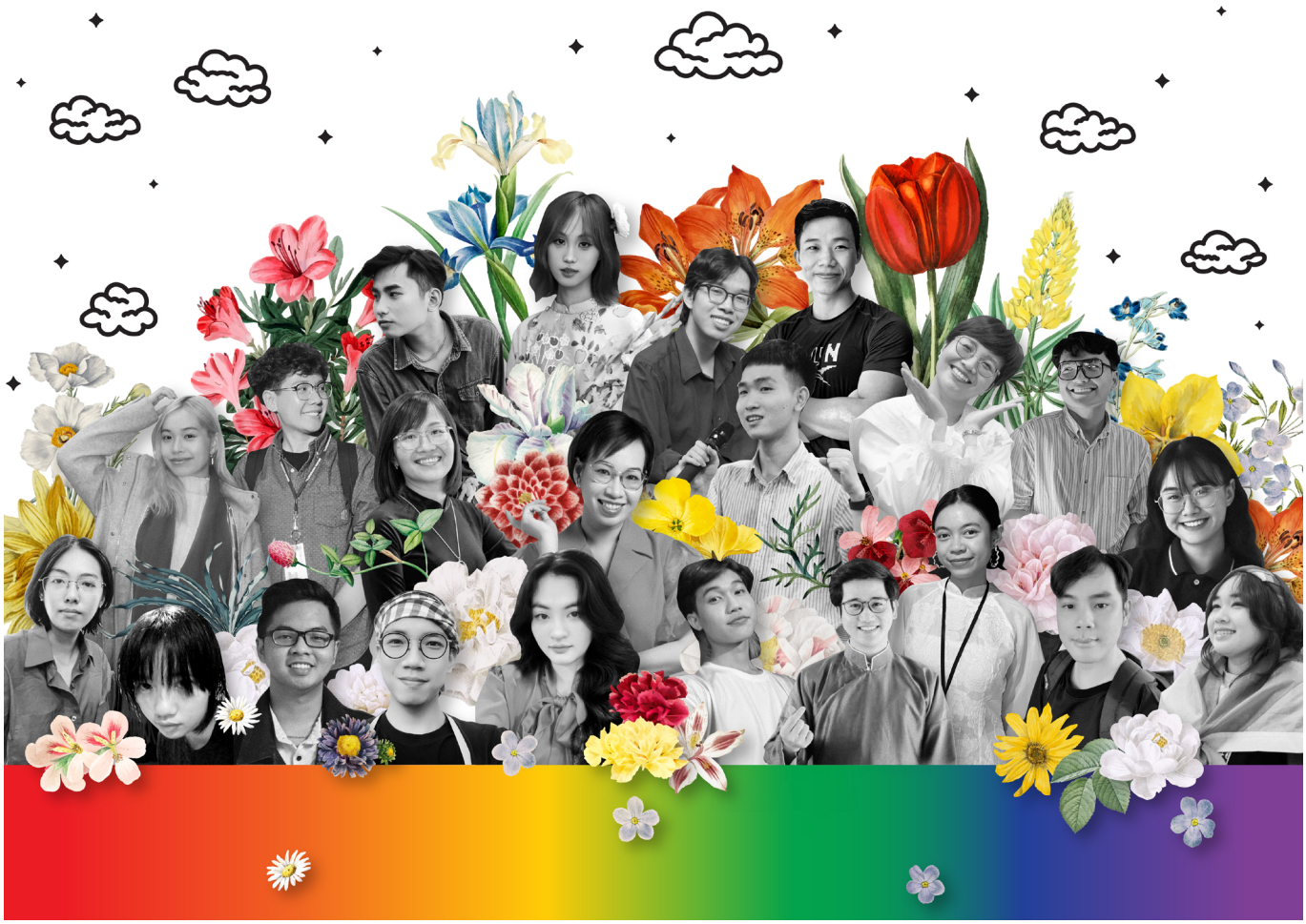
- Provide specialized training in LGBTI+ mental health for doctors, psychologists, and professionals.
- Improve mental health services to ensure inclusivity and confidentiality.

5.2. FOR GOVERNMENT AND SOCIAL ORGANIZATIONS

- Offer financial support or subsidies for LGBTI+ individuals accessing healthcare.
- Enact policies to combat discrimination in medical services.
- Enhance awareness campaigns on mental health within the LGBTI+ community.

05/ CONCLUSION

This study underscores the urgent need to enhance mental health services for the LGBTI+ community in Vietnam. The proposed recommendations aim to establish a more inclusive and sustainable support system, ensuring that everyone, regardless of gender identity or sexual orientation, has access to quality healthcare services.



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