



FACT SHEET

LGBTQIA+

Licensed Professional Counselors and Professional School Counselors in Texas have a professional identity rooted in counseling for wellness and focus on fostering clients' overall development, success, and well-being.



LGBTQIA+ Texans:

- There are 1,053,000 LGBTQIA+ individuals over the age of 13 in Texas (Movement Equality Project, 2022)
- 647,000 LGBTQIA+ workers make up 5% of Texas' workforce (Movement Equality Project, 2022)
- 70% of constituents in Texas support non-discrimination protections for LGBTQIA+ individuals (Equality Texas, 2022; Movement Advancement Project, 2022)
- The suicide attempt rate for LGBTQIA+ adolescents significantly increases when they do not have access to an affirming environment (Trevor Project, 2022)

LICENSED PROFESSIONAL COUNSELORS CAN:


- Help clients with mental health conditions, including depression and anxiety, chronic trauma, substance use, homelessness, and suicidality, which LGBTQIA+ adults are twice as likely to experience due to stigma and discriminatory policies (National Alliance on Mental Health, n. d.)
- Provide culturally competent care to treat chronic trauma, substance use, anxiety, and depression, which improves mental health outcomes in LGBTQIA+ populations (National Alliance on Mental Health, n.d.)

PROFESSIONAL SCHOOL COUNSELORS CAN:

- Help LGBTQIA+ adolescents who report feeling unsafe in their schools and being victims of harassment and bullying, which negatively impacts their mental health and academic outcomes (American School Counselor Association, 2022; Craig, McInroy, & Austin, 2018)
- Provide a safe space for LGBTQIA+ youth to work on their mental health, as well as advocate for their students regarding building facilities, inclusive clubs, and classroom curriculum (American School Counselor Association, 2022)
- Foster academic success and social-emotional development by providing emotional and academic support to LGBTQIA+ adolescents (American School Counselor Association, 2022)

Founded in 1947, the Texas Counseling Association (TCA) represents more than 7,500 Professional Counselors

Contact Us

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