



Sunflower Mountain Mental Health

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LGBTQIA+ Mental Health & Rights Notice

Our Commitment to LGBTQIA+ Mental Health

At Sunflower Mountain Mental Health (SMMH), we are proud to provide **inclusive, affirming, and culturally competent mental health care** for LGBTQIA+ individuals. We recognize the unique challenges faced by the LGBTQIA+ community and are committed to creating a **safe, stigma-free space** where all identities are respected and supported.

LGBTQIA+ Mental Health Services Covered by Medicare & Medicaid

Under **Medicare and Medicaid**, LGBTQIA+ individuals have the right to access mental health care without discrimination. Covered services include:

- **Individual Therapy & Counseling** (Affirming care for anxiety, depression, PTSD, trauma, and identity exploration)
- **Psychiatric Services & Medication Management**
- **Gender-Affirming Mental Health Support** (For transgender, non-binary, and gender-diverse individuals)
- **Support for Coming Out, Gender Dysphoria, and Identity Exploration**

Please note: SMMH does not provide WPATH letters for gender-affirming medical interventions.

If you are experiencing mental health concerns, **you have the right to seek treatment without discrimination** under **federal healthcare protections**.

Non-Discrimination & Gender-Affirming Care Protections

SMMH is committed to **providing mental health care without discrimination** based on:

- Sexual orientation, gender identity, or gender expression
- HIV/AIDS status or history of medical transition
- Relationship status (including same-sex, non-monogamous, and polyamorous relationships)
- LGBTQIA+ family structures (including parents, guardians, and youth)

Under the **Affordable Care Act (ACA) and Section 1557**, healthcare providers **cannot discriminate** against LGBTQIA+ individuals. **Medicare and Medicaid require equal access to mental health services** for all individuals, regardless of gender identity or sexual orientation.

Crisis Support for LGBTQIA+ Individuals

If you or someone you know is experiencing a crisis, help is available:

- **The Trevor Project (LGBTQ Youth Crisis Support):** Call **1-866-488-7386**, text **START** to **678-678**, or visit www.thetrevorproject.org
- **Trans Lifeline (Peer Support for Trans & Non-Binary Individuals):** Call **1-877-565-8860**
- **LGBT National Help Center:** Call **1-888-843-4564** or visit www.lgbthotline.org
- **National Suicide Prevention Lifeline:** Call **988**

How to Access LGBTQIA+ Mental Health Services at SMMH

To schedule an appointment or learn more about our services:

- **Call us at (719) 679-5022**
- **Visit our website** for more information
- **Reach out via email** at contact@sunflowermountainmentalhealth.com

SMMH is here to support your mental wellness journey—you are seen, you are valid, and you are not alone.

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