

Psychiatry

# LGBT-Friendly Mental Health Clinic

**The Department of Psychiatry at VCU Medical Center is the first in the region to offer a mental health clinic exclusive to the lesbian, gay, bisexual and transgender (LGBT) community.**

According to the National Alliance on Mental Health, one in four Americans experiences a diagnosable mental health disorder in a given year. Evidence suggests between 70 and 90 percent of individuals suffering from mental illness improve their quality of life with a combination of medication, therapy and support. In addition, having routine mental health checks are as important as routine physical exams.

Health surveys have found depression to be a leading health concern for members of the LGBT community, in addition to concerns about HIV and substance use. Many find that both living openly as LGBT or closeted creates pressures that affect health. These pressures are influenced by social isolation, strains in family relationships, stigma, homophobia and transphobia. Additionally, health surveys have found that all sexual minority groups reported levels of mood or anxiety disorders above those of the heterosexual population.

## Our Services

Mental health disorders, like depression and anxiety, are treatable conditions. Getting connected to counseling services and speaking to a mental health professional are important steps towards recovery.

**Our board-certified specialists treat all types of disorders — such as depression, bipolar disorder and anxiety — for children and adults.** We offer comprehensive evaluations to assess psychological and physical concerns, and we will work with you to set goals, develop a customized plan based on your needs and monitor your progress.

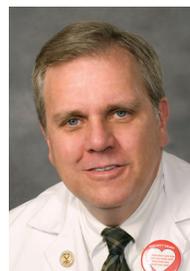
As a leading academic medical center, our specialists in psychiatry actively participate in education and research, which support patient care by contributing the latest knowledge and innovative treatments.

**The clinic is offered every first and third Tuesday of the month, from 1 to 5 p.m.** Located in downtown Richmond, the clinic is on the second floor of Nelson Clinic, 401 N. 11th Street, on VCU Medical Center's MCV Campus.

**All new patients will need a referral by a licensed therapist or counselor. If a therapist is needed, the Department of Psychiatry can recommend one.**

## About the Clinic

The idea for the clinic was created in response to the lack of psychiatric services and trained staff supporting the LGBT community in Central Virginia. The clinic is aimed to raise awareness of the unique mental health needs of this community and to provide culturally sensitive training opportunities for young health care professionals. VCU's Department of Psychiatry collaborated with many LGBT-friendly organizations and advocacy groups to create a culturally competent and welcoming clinic that specializes in LGBT mental health services.



## Meet Your Doctor

**Dr. Isaac "Ike" Wood, the attending physician for the clinic, has more than 25 years of mental health experience.**

**He sees patients of all ages.** An advocate for LGBT health care and mental health, Dr. Wood received his medical degree from the VCU School of Medicine. He is a professor in the departments of Psychiatry and

Pediatrics, and also serves as senior associate dean in VCU's School of Medicine.

## VCU Safe Zone

The clinic is proud to be a VCU Safe Zone participant. VCU Safe Zone is dedicated to reducing homophobia and heterosexism on the VCU campuses and creating a safer and freer environment for all members of our community regardless of sexual orientation. As VCU Safe Zone a participant, the clinic does not tolerate homophobic and heterosexist comments and actions.



**VCU** Medical Center

**For more information or to schedule an appointment, call (804) 828-2000.**