

FOR LGBTQ OR TWO SPIRIT PEOPLE



"I used to ask myself, Am I Native enough? Am I queer enough? I've decided, I'm enough."

"Piyaassskomon: Gaize"

"Piyaassskomon: Gaize" was one of the first baskets I completed after beginning to come out to friends and family members as non-binary. The title comes from the Passamaquoddy word for corn, "piyeskomon," and the New York Ballroom scene affirmation, "Yas!" I hope other Two Spirit people and non-indigenous LGBTQ+ see my art and feel inspired to be themselves.

– Geo Neptune

Take charge of your healthcare.

To learn more,
text MY CARE to 97779.

We stand together.

LGBTQ • Two Spirit • Native

We are the best advocates for our health.

www.npaihb.org/2SLGBTQ

This campaign is supported with funds from the Indian Health Service and the Secretary's Minority AIDS Initiative Fund.



Trust your journey.

- Developing a relationship with your provider may take time.
- The more information your provider has about you, the better your care.
- If it is safe, and you feel ready, be open with your provider about gender identity and sexual orientation. This helps you and all future Two Spirit or LGBTQ patients.

Trust your community.

- Bring a relative, friend, or ally with you to appointments.

Trust your knowledge.

- Know your rights:
 - ◆ Under state, tribal, and federal laws, it is illegal for most healthcare organizations to discriminate against patients for being LGBTQ or Two Spirit.
 - ◆ Anything you tell your doctor is confidential.
- Know your care:
 - ◆ Know what health issues may affect you: bit.ly/doaskdotell
 - ◆ Find an LGBTQ-affirming provider:
 - Ask friends for referrals.
 - Use LGBTQ Resources:
 - [GLMA Provider Directory](https://glma.org/provider-directory)
 - wpath.org/provider/search
 - ◆ Call ahead. Ask if your doctor has experience with LGBTQ or Two Spirit patients.

Mick's Story

Mick is from the Diné Nation in the southwest desert of Turtle Island. They identify as Two Spirit and indigiqueer. They emphasize the importance of self-advocacy in healthcare settings.

"I access healthcare now for myself and my partner, who is transitioning medically. When we go to doctors, I say, 'I just want you to know that I am interviewing you. It's not the other way around.'"

"Now, when we talk about my health history and my partner's health history, it's from a place of strength. That's something I had never been able to do before. I'd always felt scared or embarrassed or weird."

"I go with my partner to all of their appointments. Being able to be a part of that process and advocate for them has meant that I can also have strength to advocate for myself."

To hear the rest of Mick's story, text DOCUMENTARY to 97779.

