



How to protect your mental health as an LGBTQIA+ person going through fertility treatments

Going through fertility treatments can be taxing, both mentally and physically. As an LGBTQIA+ person, you may be facing additional challenges, like provider bias or even discrimination. Fertility treatments often include disappointment, stress, and impatience while you wait for the next steps in your treatment. That's why it's crucial to protect your mental health.

For the LGBTQIA+ community facing unnecessary barriers and costs in fertility, mental health challenges may be exacerbated. If you or your partner are struggling with these issues, you're not alone and Maven is here to help. Here's some advice from our experts.

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Reduce all other stress as much as possible

Try to identify other things that are contributing to your stress levels. Think about what you can take off your plate in terms of day-to-day chores, or lean on friends or family to pick up any extra slack.

Decide how much you want to share, and with whom

For some people, opening up to loved ones about fertility treatment can provide much-needed support. For others, sharing adds more stress. If a conversation ever veers off-course, change the subject or say “I don’t feel comfortable sharing that.” This is your journey, and you’re not obligated to give others a play-by-play.



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Make time for yourself

“Offer yourself periods of respite that include activities you enjoy or healthy distractions,” Maven Mental Health Provider Cynthia Coffelt says. She also recommends self-care activities like journaling, meditation, and exercise. Whatever brings you some calm and joy, incorporate it into your regular routine.

Consider therapy

Reaching out for help is the first step to feeling like yourself again. “Talking about your experience with a mental health professional can help you process your feelings and any obstacles you might encounter,” Coffelt says. Some fertility centers have in-house mental health practitioners who specialize in reproductive psychology, and you can always set up a free video appointment with a Maven Mental Health Provider to get support.

Seek out peer support

Infertility is estimated to affect around one in 10 couples in the U.S., but it’s easy to feel alone when you’re in the thick of it. Support groups specifically for LGBTQIA+ people going through fertility treatments can be a great source of comfort. Ask your fertility clinic if they host a support group, or have a local program they refer patients to. There are also online communities you can check out.

Remember it's OK to press pause if you need to

You don't have to go through non-stop, back-to-back fertility treatments if your mental health is suffering. "Give yourself permission to 'take a break' between treatments if it becomes too physically or emotionally draining," Coffelt says. "Talk with your doctor or a Maven Reproductive Endocrinologist about timelines and recommendations."

Sign up for Maven for the support you need during your fertility journey

Although LGBTQIA+ may face more barriers when starting and raising their families, you can find the compassion and mental health support you deserve on Maven. With Maven you can:

- Access culturally-humble care from providers like Reproductive Endocrinologists and Fertility Awareness Educators, who will meet you where you are
- Find top-rated, LGBTQIA+-friendly fertility clinics in your area
- Talk to mental health providers who share your background—over 11% of providers on Maven identify as LGBTQIA+ and 40% have strong clinical experience working with the LGBTQIA+ community



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We're here to help

Book a video call or message one of our top-rated providers. We're here for you, 24/7.

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