The Impact of the COVID-19 Pandemic on the Transgender and Non-Binary Community

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The COVID-19 pandemic has had profound implications for vulnerable populations, including the transgender and non-binary (TGNB) community. Here, the authors discuss the unique impact of this pandemic on the TGNB community, highlighting critical economic protection for TGNB people as well as access to workplace-based health insurance. The authors further discuss the social determinants of health and the role of stigma and discrimination in the context of the pandemic.

Increased Barriers to Gender-Affirming Care and Legal Rights

The pandemic has increased the challenges faced by TGNB individuals seeking gender-affirming medical care. Delays in gender-affirming care were reported at a nearly exponential rate for essential business. Furthermore, the pandemic has also impacted the legal rights of TGNB individuals, with delays in obtaining correct legal documents.

Social Isolation during COVID-19

Social isolation during COVID-19 is also occurring in the context of violence against and systemic disadvantage of TGNB people. The pandemic may exacerbate these challenges, with increased risk of domestic violence due to stay-at-home orders and the economic crisis quickly illuminated the deep inequities in obtaining access to the necessary building blocks of health.

The Impact of Social Isolation

The COVID-19 pandemic has resulted in significant social isolation for many individuals, including TGNB people. This isolation may lead to increased stress and anxiety, which can exacerbate existing mental health challenges.

Increased Barriers to Accessing Mental Health Services

TGNB individuals may experience additional barriers to accessing mental health services, including stigma and discrimination. The pandemic has also led to delays in accessing mental health services, which may exacerbate the challenges faced by TGNB individuals.

Conclusion

The pandemic has had significant implications for the TGNB community, with increased social isolation and barriers to accessing care. It is crucial to continue to support and advocate for the rights of TGNB individuals during this time of crisis.