

community, whether online or in person. (See our virtual events at [meetup.com/bi-community-activities](https://www.meetup.com/bi-community-activities))

- Find some quiet time by taking mindful walks, practicing meditation, or doing yoga.
- Express yourself through writing stories, poetry, journal entries, and creating visual and musical art.
- Boost your self-esteem with positive, daily affirmations (“I am bi/pan/queer and proud!”).
- Practice healthy habits, such as eating nutritious meals, regularly exercising, and limiting the intake of tobacco, alcohol, and other drugs.

## References

San Francisco Human Rights Commission. (2011). “Bisexual v: Impacts and Recommendations.” [sf-hrc.org/reports-research-investigations](https://www.sf-hrc.org/reports-research-investigations)

The Open University. (2012). “The Bisexuality Report: Bisexual Inclusion in LGBT Equality and Diversity.” [open.ac.uk/](https://www.open.ac.uk/)

## National Resources

Bisexuality-Aware Professionals Directory  
[bizone.org/bap/](https://www.bizone.org/bap/)

The GLBT National Help Center Hotline  
1-888-843-4564

The Trevor Project Lifeline (for youth ages 13-24)  
1-866-488-7386

## Who We Are

The Bisexual Resource Center works to connect the bi+ community and help its members thrive through resources, support, and celebration. We envision an empowered, visible, and inclusive global community for bi+ people. Find out more at [biresource.org](https://www.biresource.org).

## What is Bi+?

The BRC uses “bisexual” and “bi+” as umbrella terms for people who recognize and honor their potential for sexual and emotional attraction to more than one gender (bisexual, pansexual, omniseual, fluid, queer, asexual, and other freeidentifiers). We celebrate and affirm the diversity of identity and expression regardless of labels. Read more about definitions and labels at [biresource.org/what-is-bisexuality](https://www.biresource.org/what-is-bisexuality).

## How to Support Us

The BRC is primarily funded through the generosity of our donors. There are many ways you can give. Find out more at [biresource.org/donate](https://www.biresource.org/donate).

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# mental health

in the bi+ community

## bi+ antagonism, bi+ erasure, and getting help



## Why are mental health issues important to bi+ people?

Research suggests that bisexuals suffer worse mental health outcomes than heterosexuals, lesbians, and gay men. These outcomes include:

- Higher rates of anxiety, depression, and other mood disorders
- Higher reporting of self-harm, suicidal thoughts, and suicide attempts
- Lower levels of social support
- Being less likely to be comfortable with their sexuality or be out to friends and family compared to lesbians and gay men
- Higher rates of substance use, including cigarette smoking and heavy drinking

## Causes of Poor Mental Outcomes

While the exact reasons may differ from person-to-person, research suggests that there are two common elements involved: bi+ antagonism (or biphobia\*), and bisexual erasure or invisibility.

### Bi+ Antagonism

Bi+ antagonism is the fear of, hatred towards, or discrimination against bisexuality. Common stereotypes associated with bi+ antagonism include:

- Bisexuals are sexually greedy, promiscuous, and carriers of sexually transmitted infections (STIs).

*\*The BRC uses bi+ antagonism instead of biphobia to disconnect those who have clinical phobias from those who have antagonistic viewpoints.*

- Bisexuals are untrustworthy or traitors to the LGBTQ community, because they can take advantage of “heterosexual privilege.”
- Bisexuals cannot be monogamous because they are attracted to everyone.
- Bisexual women only aim to seek sexual attention from heterosexual men.
- Bisexual men are too afraid to fully “come out” and therefore are “really just gay.”

Bi+ antagonism isolates bisexuals from both heterosexual and LGBTQ communities. It also prevents bisexuals from feeling positive and open about their sexuality, which in turn contributes to the higher reporting of anxiety, depression, and self-harm, as well as lower reporting of coming out.

### Bisexual Erasure or Invisibility

Bisexual erasure or invisibility is ignoring, removing, or redefining the evidence of bisexuality. Common examples associated with bisexual erasure or invisibility include:

- Denying that bisexuality exists as a real orientation, such as stating that it’s “just a phase” or simply for experimental purposes as one “eventually” labels oneself as gay/lesbian or heterosexual.
- Assuming that a bisexual person is heterosexual if paired with partner of a different gender, or gay/lesbian if paired a partner of the same gender.
- An organization claiming it is LGBTQ-inclusive, but not offering bi-specific programs and resources.

- Mislabeled bisexuals as lesbian/gay or heterosexual even when they are openly “out” as bisexual.
- Using phrases like “lesbian and gay” or “lesbian, gay, and trans” in place of LGBTQ.

Like bi+ antagonism, bisexual erasure or invisibility has profound effects on mental health in that it also invalidates and isolates bisexuals.

## Seeking Help and Support

Talk to someone: If you’re experiencing anxiety, depression, and/or suicidal thoughts, seek professional help as soon as possible. See the Resources section for more information on how to find a bi+-positive provider.

Find a bi+ community: Studies show that bi+ folks associate positive mental health outcomes with social support, self-acceptance, volunteering, and belonging in a bi+ community. You can locate a group near you at [biresource.org/find-a-bi-group](https://biresource.org/find-a-bi-group). More information about mental health can also be found at [bihealthmonth.org](https://bihealthmonth.org).

## Self-Care Tips

Bi+ people can also improve their mental health by practicing self-care.

- Celebrate bisexuality through relevant movies, books, culture, and history.
- Wear bi+-pride colors or incorporate them into your lifestyle, whether through home decorations, car bumper stickers, or office furnishings.
- Reach out to other members of the bi+