

Maine

ONE YEAR IN: The OUT Community Survey



This report summarizes state findings from a national health survey distributed online to

185

individuals
comprised of

54%

Trans/Gender
Nonconforming
(TGNC)

41%

Lesbian/Gay (LG)
& Bi/Pan (BiPan)

5%

cisgender/hetero
allies/family (cis/het)

between November 2025 and March 2026.

Executive Summary: Results showed striking changes since Inauguration Day in 4 areas

1 Mental health:

The majority of participants reported increased mental health problems in 2025, including cis/het allies. BiPan and TGNC individuals showed the greatest increases.

54% of respondents have experienced levels of stress exposure that threaten their health.

3 Health care access:

Among the most striking findings concerned declines in health care affordability and stark concerns about the future availability of affordable and affirming health care. The vast majority have lost trust in the health care system. Concerns about the availability of GAC (gender affirming care) are widespread.

2 Conditions of daily living:

51% of respondents showed declines in income, housing, or job security, and the majority are worried about future declines.

54% have moved or are considering moving because of politics, and many now feel uncertain about their own and their family's future because of the political situation.

4 Social mistreatment and support:

53% reported increased social mistreatment since Inauguration Day, and the vast majority are concerned about growing anti-LGBTQIA+ hostility. Greater social-emotional support correlates with fewer negative consequences of the changed political climate. Note: racial/ethnic minorities have even fewer supports. Bolstering opportunities for supportive social ties is key.

Mental Health: Declines Across Multiple Domains

Cis/het allies were nearly as vulnerable as LGBTQIA+ individuals. TGNC and BiPan individuals showed greater increases than LG individuals.

Increased exposure to stress contributes to these problems:

Most people have 1-3 stressful life events per year (such as moving, changing jobs, illness, etc). But **nearly all our respondents reported 3 or more stressful life events** in 2025.

54% reported **more than 6**, a level which predicts heightened psychiatric vulnerability.

65% of respondents said that simply reading the news had become a major source of stress.

Respondents reporting increased problems since Inauguration Day:

ANXIETY

76% LG
85% TGNC & BiPan

DEPRESSION

70% LG
74% TGNC & BiPan

PTSD

52% LG
63% TGNC & BiPan

SLEEP PROBLEMS

42% LG
51% TGNC & BiPan

COMPULSIVE PROBLEMS

35% LG
49% TGNC & BiPan

SUBSTANCE USE

13% LG
15% TGNC & BiPan

Conditions of Daily Life: More Unstable and Uncertain

51%

reported declines in housing, income, or job security in 2025

86%

of the rest fear future declines

Lower-income and TGNC individuals showed the greatest vulnerability.



Housing

15% of low-income respondents said housing became unaffordable or unaffirming in 2025

68% of low income-respondents worry about affording housing in the future

39% of TGNC and **25%** of LGB respondents fear housing becoming less safe/affirming



Income

27% lost income in 2025. The majority said politics was responsible.

37% of those with stable income fear losing future income due to politics.

44% of low income respondents had trouble paying for food, rent, or utilities in 2025



Work

41% said their job or schooling became less secure in 2025.

75% of those who changed jobs said it was due to politics.

66% of those whose work involves the LGBTQIA+ community fear for the stability of their job

Due to politics:

53%

of respondents have moved or are considering moving

57%

of TGNC respondents and parents of TGNC youth have moved or consider moving

45%

of those who moved are considering an additional move

49%
of TGNC

29%
of LGB

40%
of cis/
het allies

say the political situation leaves them uncertain about their and their family's future.

Levels of uncertainty were highest among TGNC youth under 25 (Gen Z)

Health Care: Less Affordable, Affirming, & Trustworthy

Participants reported concerns about almost every aspect of health care. Lower-income, TGNC, and younger individuals reported the greatest concerns.



Access

37% of low-income respondents lost access to affordable health care or insurance in 2025.

83% of all respondents worry about affording health care in the future

69% of TGNC and **43%** of LGB respondents worry about future access to affirming providers

41% of Gen Z respondents worry about access to reproductive care



Trust

77% of respondents have lost trust in the health care system. Declines in trust were most pronounced in TGNC and in younger participants

54% of participants worry about the privacy of their health data.

50% of participants under 25 are less comfortable visiting health providers than before Inauguration Day



Gender Affirming Care

9% of TGNC (and parents of TGNC youth) have lost access to GAC, and **85%** worry about future access

66% of TGNC (and parents of TGNC youth) worry about being prosecuted for seeking GAC; so do **56%** of Gen Z TGNC

44% of TGNC (and parents of TGNC youth) have begun stockpiling GAC medication.

These concerns may reduce LGBTQIA+ individuals' access to preventive care, increasing their vulnerability to future health problems

This is especially concerning, given that **71% of respondents has at least one chronic health condition** needing management.

22% of TGNC respondents went without care they needed in 2025

The high levels of distrust and concern among younger respondents may lead to reduced health care utilization and escalating health disparities over time.

The Social Domain: Increased Risks and Resilience

57% of LGB and 47% of TGNC

report increased social mistreatment due to their sexual/gender identity in 2025

67% of LGBTQIA+ and 100% of cis/het allies

view anti-lgbtqia+ hostility and violence as one of their top concerns

27%

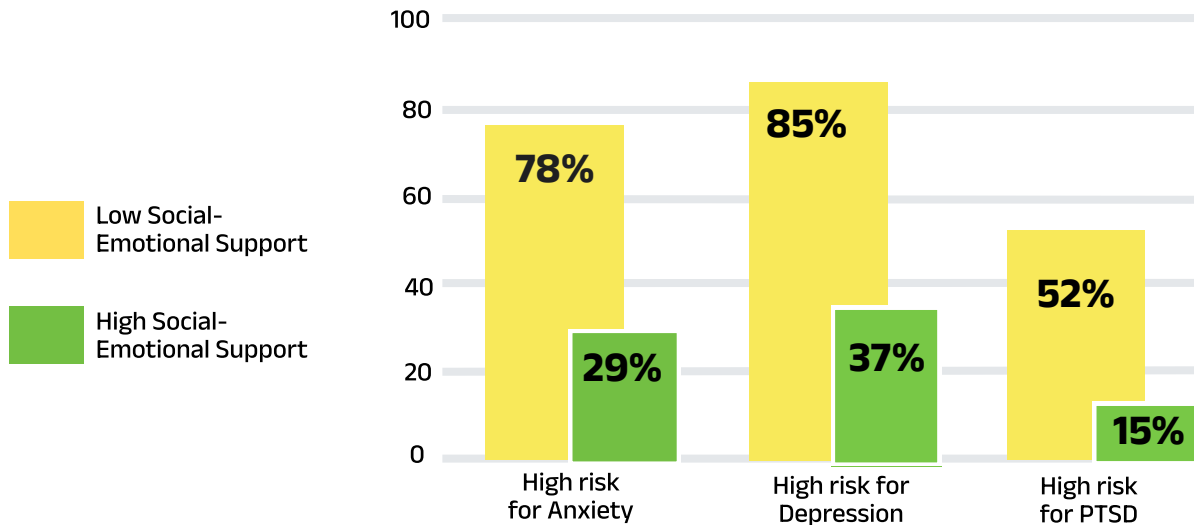
took steps to be **less visible** as LGBTQIA+ in 2025

45%

took steps to be **more visible** as LGBTQIA+ in 2025.

Among racial/ethnic minorities, **20%** took steps to be **less visible** and **40%** took steps to be **more visible**.

Decades of research shows the value of social support for LGBTQIA+ mental health: Supporting this view, we found that **those with LOW social-emotional support were more likely to show high risk for clinical anxiety, depression, and PTSD**, compared to those with high social-emotional support.



Yet many lack this support:

21%

of TGNC

&

12%

of LGB

say they never/rarely have the social/emotional support they need

24%

said their access to social support declined in 2025.

12%

reported having no friends

CONCLUSION: These findings suggest that one of the most important strategies for protecting the well-being of LGBTQIA+ individuals during this challenging time is to **amplify opportunities to build and sustain supportive and nurturant social ties**



Scan the QR code to learn more about our methodology and full results.



Learn more about the survey here: