CLAIMING THE RIGHT TO CARE AS BI+ PEOPLE

What is Bi+ Health Awareness Month?

Bisexual Health Awareness Month (#BiHealthMonth), led by the Bisexual Resource Center (BRC), is an annual campaign dedicated to addressing the persistent health inequities faced by bisexual+ (bi, pansexual, fluid, queer, etc.) people. Each March, we elevate research, lived experience, and community expertise to challenge erasure and advocate for healthcare systems that work for bi+ people, not against them.

WHY THIS MATTERS

Claiming the right to care is about shifting responsibility away from patients and onto systems that have historically failed them.

- **Provider bias and erasure** lead many bi+ people to delay or avoid care altogether
- **Disclosure is risky** while sharing sexual orientation can improve care, bi+ patients often fear stereotypes or stigma from clinicians
- **Research gaps persist**, limiting evidence-based care for bi+ communities, especially at the intersections of gender, race, disability, and neurodiversity
- **Structural change works** because policies that protect sexual minorities are associated with improved mental health outcomes and reduced suicide risk

KEY AREAS OF IMPACT

Each of these areas reflects the same core truth: bi+ people deserve care that understands complexity rather than punishing it.

MENTAL HEALTH

higher rates of anxiety, depression, suicidality, & self-harm

SUBSTANCE USE

elevated risk linked to stigma, discrimination, & lack of provider knowledge

NEURODIVERSITY

overlap with neurodiversity & limited research makes for under-supported bi+ patients, especially youth

SEXUAL & REPRODUCTIVE HEALTH

gaps in screening, prevention, education, & culturally competent care

bisexual resource center

HOW TO PARTICIPATE

Follow the Bisexual Resource Center at the handles below and share:

Email bham@biresource.org to become an official #BiHealthMonth partner, contribute content, or ask questions.

- Post resources, infographics, or statistics using the hashtag #BiHealthMonth.
- Share resources with healthcare providers and bi+ patients.
- Host a community event centered on bi+ health and well-being.
- Donate to the Bisexual Resource Center

www.biresource.org

@BiResource

@BisexualResourceCenter

About the Bisexual Resource Center

The Bisexual Resource Center works to connect the bi+ community and help its members thrive through resources, support, and advocacy. We envision a future where bi+ people are empowered, visible, and included.

The BRC uses “bisexual” and “bi+” as umbrella terms for people who experience attraction to more than one gender, including those who identify as pansexual, fluid, omnisexual, queer, and other terms. We affirm and celebrate the diversity of bi+ identities and experiences.

Founded in 1985 as the East Coast Bisexual Network, the BRC became a 501(c)(3) nonprofit in 1989, making it the longest-running nationally-focused bisexual organization in the U.S.