

Finding the right fit for optimal care

When it comes to your health, being open about your sexual orientation and gender identity can lead to more informed, affirming, and effective care. A provider who knows you're part of the 2SGBTQ+ community is more likely to offer relevant testing, ask meaningful questions, and better support your overall well-being.

But let's be real: finding a family doctor or nurse practitioner in Ontario can be hard enough — and finding one who understands and affirms your identity can be even harder. Wherever possible, try to find an inclusive provider who makes you feel safe and respected.

Creating a safe, inclusive, welcoming environment for yourself at HCP is a two-way flow. Here are some questions to ask yourself first and/or discuss with a partner(s), friend, family member, or confidant.

How do you feel about discussing your sexual orientation and/or gender identity with your healthcare provider?



Does the clinic or office feel like a safer, affirming environment for you?



Are you comfortable discussing your sexual practices with your healthcare provider?



RESOURCES:

- 1 Gay Men Sexual Health Alliance. Nambiar D, Goodridge J. Finding and Building a Therapeutic Relationship with your Healthcare Provider. [Internet]. 2022. [cited 2025 June 18]. Available from: <https://gmsh.ca/wp-content/uploads/2022/09/GMSH-Finding-A-HCP-E-2022.pdf>
- 2 MPACT Global. Promoting the Health and Rights of Gay Men Worldwide.: A handbook for all health professionals. [Internet]. 2020 [cited 2025 June 19]. Available from: https://mpactglobal.org/wp-content/uploads/2021/07/Handbook_finalised.pdf
- 3 Bourns A, Kucharski E, Peterkin A, Risdon C. Caring for LGBTQ2S People. A Clinical Guide. 2nd ed. Toronto. University of Toronto Press. Toronto Buffalo London; 2022.

