

LGBTQIA+

Mental Health Resources

Members of the LGBTQIA+ community are at higher risk for mental health conditions than heterosexual and cisgender communities. How serious is it?



LGB adults are **twice as likely** to experience a mental health condition¹

Transgender people are **almost four times as likely** to experience a mental health condition²

Risk Factors

What factors contribute to worsening mental health for people in the LGBTQIA+ community?

REJECTION FROM FAMILY AND FRIENDS

40% of LGBT adults experience rejection from a family member or close friend.³

INADEQUATE MENTAL HEALTH SERVICES

More than half of LGB people report healthcare providers denying care, using harsh language, or using their sexual orientation as the cause of the illness. 39% of transgender people have been denied care or faced harassment or discrimination in healthcare settings.⁴

TRAUMA

Members of the LGBTQIA+ community are 2-4 times more likely to experience PTSD than the heterosexual community.⁵ Transgender people are four times more likely than cisgender people to be the victims of violent crime.⁶

SUBSTANCE USE

LGB adults are twice as likely as heterosexual adults to have a substance use disorder (SUD).⁷ Transgender adults are almost four times as likely to have an SUD.⁸

SUICIDAL THOUGHTS

40% of transgender adults have attempted suicide.⁹ LGB adults are twice as likely to attempt suicide.¹⁰

Where to Get Help

Trans Lifeline

translifeline.org
877-565-8860.

Provides trans peer support and resources.

LGBT National Youth Talkline

lgbthotline.org/youth-talkline
800-246-7743

Provides confidential support for youth to talk about sexual orientation, gender identity, and gender expression.

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)

saigecounseling.org

Provides education, mentoring, and resources.

LGBT National Hotline

lgbthotline.org/national-hotline
888-843-4564

Provides confidential support for people of any age to talk about sexual orientation, gender identity, and gender expression.

National Suicide Prevention Lifeline

988lifeline.org/help-yourself/lgbtq
Call or text 988

Though not specifically dedicated to the LGBTQIA+ community, the 988 Suicide & Crisis Lifeline offers confidential support and resources for everyone.

How to Be an Ally to LGBTQIA+ Members



Publicly show your support for the LGBTQIA+ community.



Use people's preferred pronouns and names.



Listen non-judgmentally. You don't have to provide a solution, provide support.



If someone exhibits warning signs of suicide, talk to them, offer support, get them help.



Connect them to resources to help them care for themselves.

Sources:

- 1.<https://www.samhsa.gov/data/sites/default/files/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015.htm>
- 2.<https://www.liebertpub.com/doi/pdf/10.1089/trgh.2019.0029>
- 3.<https://www.pewresearch.org/social-trends/2013/06/13/a-survey-of-lgbt-americans/>
- 4.<https://legacy.lambdalegal.org/publications/when-health-care-isnt-caring>
- 5.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395766/>
- 6.<https://williamsinstitute.law.ucla.edu/press/ncvs-transpress-release/>
- 7.<https://www.sciencedirect.com/science/article/pii/S0022395620311316>
- 8.<https://www.liebertpub.com/doi/pdf/10.1089/trgh.2019.0029>
- 9.<https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>
- 10.<https://www.lgbtqihealtheducation.org/wp-content/uploads/2018/10/Suicide-Risk-and-Prevention-for-LGBTQ-Patients-Brief.pdf>