Suicide in LGBTQIA+ Youth

Unique experiences, risk factors, and ways we can help

Risk Factors:

- 29% of LGBTQ youth have experienced homelessness, been kicked out, or run away
- 1 in 3 LGBTQ youth reported that they had been physically threatened or harmed in their lifetime due to their LGBTQ identity
- LGBT youth have higher rates of depression, substance use, and anxiety

In the past year:

- 40% of LGBT youth seriously considered suicide, including more than half of transgender and nonbinary youth
- About 15% of LGBT youth attempted suicide, including more than 1 in 5 transgender and nonbinary youth
- 48% of LGBT youth reported engaging in self harm, including over 60% of transgender and nonbinary youth.
- 60% of LGBT youth reported that they wanted professional mental health help but were unable to get it

Barriers to care:

- Ability to afford care
- Fear of being outed to family or friends
- Prior experience being rejected or facing discrimination by a healthcare professional
- Concern with obtaining guardian permission
- Fear of not being taken seriously

How can we help?

- Respect pronouns:
  - *Transgender and nonbinary youth attempt suicide half as often when all or most of the people in their lives respect their pronouns*
- Affirm gender identity through access to gender-affirming clothing and shape wear (such as binders)
- Include LGBT groups in school curricula (LGBT history, representation in literature, health class)
- Access to LGBT-affirming spaces (such as student-led GSA)
- Show your support:
  - *LGBT youth who reported having at least one accepting adult in their lives were 40% less likely to report a suicide attempt in the past year*

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SOURCE: THE TREVOR PROJECT