

Thank You for Being a Friend: Supporting LGBTQ+ Mental Health

- LGBTQ+ people experience unique stressors and are at **higher risk** for mental health struggles, including depression, anxiety, suicidal thoughts, and substance abuse.
- Compared to heterosexual youth, suicide attempts are **4x higher** for LGBTQ+ youth.
- In the last year, almost **50%** of transgender adults have considered suicide.

Take Action!

Be an ally and work toward changing the LGBTQ+ mental health landscape

Accept and Connect

Reduce isolation and be inclusive by providing social support as you would to anyone else

LGBTQ+ youth who are rejected by their families or communities are 8.5x more likely to attempt suicide

Speak Up

Be an upstander if you hear homophobic/transphobic language or see attempts to intimidate members of the LGBTQ+ community

LGBTQ+ persons who are bullied or harassed are more likely to engage in severe substance abuse and struggle more with their mental health

Be an Advocate

Advocate *against* anti-LGBTQ+ legislation and *for* LGBTQ+ affirming spaces

Discrimination is harmful. In contrast, when same-sex marriage was legalized, there was a 14% decrease in suicide attempts among LGBTQ+ youth

Acknowledge and Be Aware

We all have implicit biases and possess subconscious negative stereotypes, which regardless of intent, may lead to subtle but hurtful snubs

Slightings against LGBTQ+ individuals, such as insisting sexual orientation/identity is a choice, are associated with lower self-esteem and greater anxiety

Being LGBTQ+ is *not* a mental illness. Help LGBTQ+ people maintain their wellness and resilience by fostering a safe and accepting environment.

For more information about how to support those struggling with their mental health, please visit www.noshameonu.org

For LGBTQ+ resources, including LGBTQ+ definitions, please check out www.thetrevorproject.org

This resource is for educational purposes only and is not a substitute for professional advice, diagnosis, or treatment.

No Shame On U

END STIGMA. SAVE LIVES.



www.noshameonu.org