

GET HELP

Suicide can be hard to talk about, but if you or someone you know is considering suicide, get help today



If you need support, you can call, text, or chat with someone 24/7 through 988.

You can reach specialized LGBTQIA+ affirming counseling by texting Q to 988 or pressing 3 when calling

LGBTQIA+ SUICIDE RISK FACTORS

The majority of LGBTQIA+ youth, who experience stressful external factors like discrimination, bullying or family rejection do not become suicidal. (2)

However there are factors associated with suicidal behaviors including

Social isolation & low-self-esteem, substance abuse, depression, anxiety, & other mental health issues, often resulting from stigma & discrimination. (2)

LGBTQIA+ YOUTH HOW TO TAKE CARE OF YOURSELF

KNOW YOU ARE NOT ALONE

TALK TO SOMEONE

BUILD A SUPPORT NETWORK

MAKE A SAFETY PLAN (3)

ALLIES TAKE ACTION IN PROTECTING LGBTQIA+ LIVES

INCREASE

family acceptance & affirmation of a person's LGBTQIA+ identity

INCREASE

access to LGBTQIA+ affirming physical & mental health care

REDUCE

bullying, violence and other forms of victimization

REDUCE

anti-LGBTQIA+ stigma & prejudice



LGBTQIA+ Suicide Facts

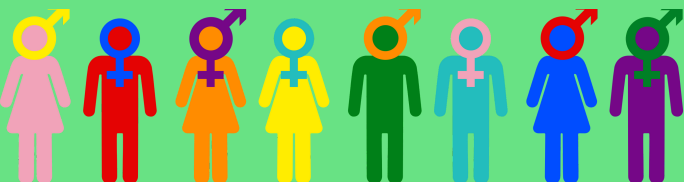
- LGBTQIA+ young people are more than **four times** as likely to attempt suicide than their peers. (1)



- The Trevor Project estimates that more than **1.8 million** LGBTQIA+ young people (ages 13-24) seriously consider suicide each year in the U.S. – and at least one attempts suicide **every 45 seconds**. (1)



- **56%** of LGBTQIA+ young people wanted mental health care in the past year were not able to get it. (1)



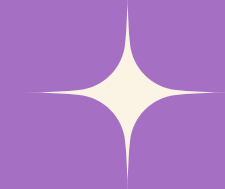
RESOURCES for LGBTQIA+ Youth and Allies



References

1. The Trevor Project. (2023). 2023 US national survey on the mental health of LGBTQ young people. <https://www.thetrevorproject.org/survey-2023/>
2. America Foundation for Suicide Prevention. (2024). Preventing suicide in LGBTQ communities. <https://afsp.org/preventing-suicide-in-lgbtq-communities/#lgbtq-mental-health-and-suicide-prevention-education>
3. 988 Suicide & Crisis Lifeline. (n.d.). LGBTQIA+. <https://988lifeline.org/help-yourself/lgbtq/> 3.2024

LGBTQIA+ Suicide Prevention



What You Need to Know



Information & Resources
for our Lesbian, Gay, Bisexual,
Transgender,
Queer/Questioning, Intersex,
Asexual (LGBTQIA+) Youth

www.TAHD.org