**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](tel:988).

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

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**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)

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**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)

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**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+ 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)

References


www.TAHD.org