

Mental Health

and
the

Trans
Community

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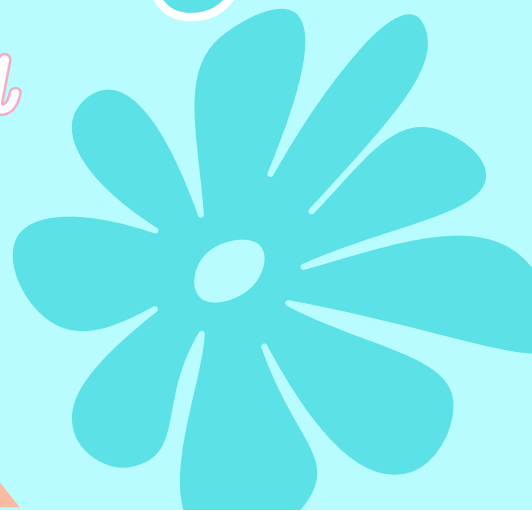
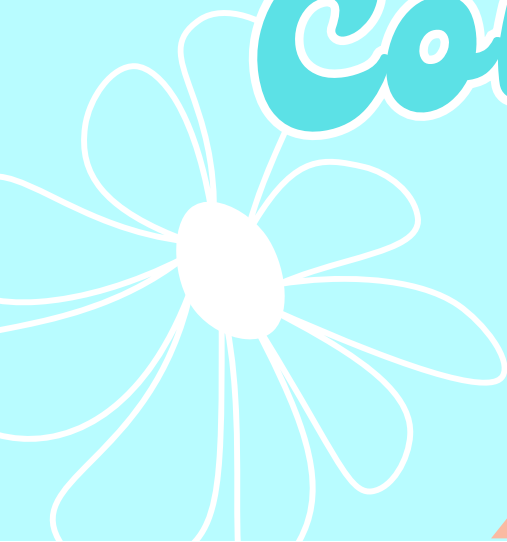
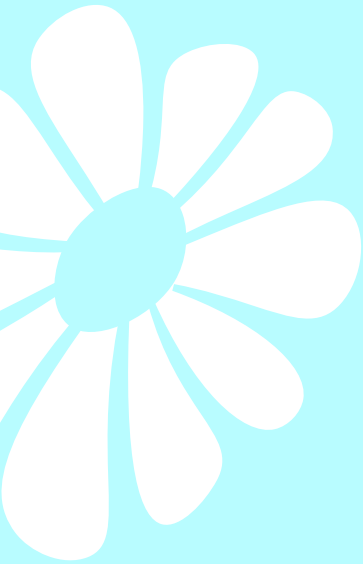




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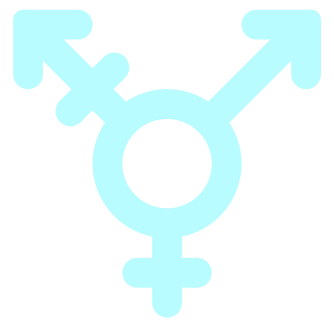


Trans
Joy



Unfamiliar terms*

- Gender dysphoria: an extreme state of discomfort related to discrepancies between one's assigned gender and their true gender
- Two-spirit: a Native identity that describes a person who fulfills a third identity
 - People who are not Native cannot use this identity, as the term was coined specifically to separate Natives and their culture from non-Natives
- Micro-aggression: small slights that happen in day-to-day interactions, typically about a person's race, gender, sexuality, religion, etc.
 - Can be extremely debilitating in the long run

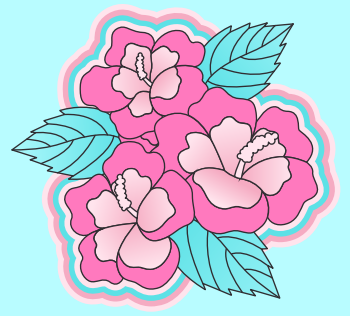


Unfamiliar terms*

- Cisgender: anyone whose gender aligns with the sex they were assigned at birth
- Deadname: a person's birth name that's changed since they've come out
- Neopronouns: pronouns other than he, she, they, one, or it
 - Examples: xe/xyr, ze/zir, ze/hir



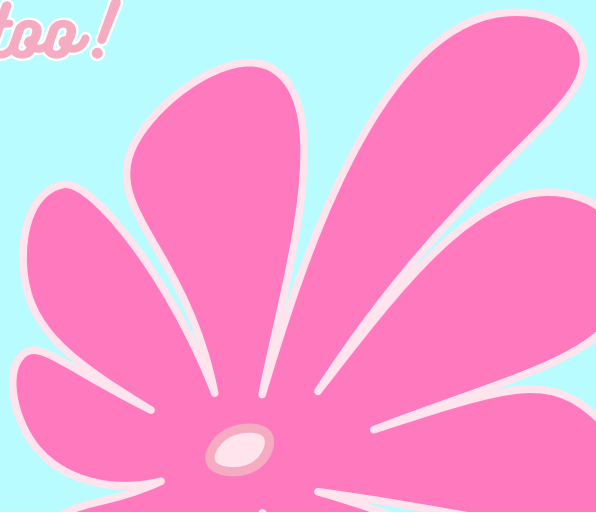
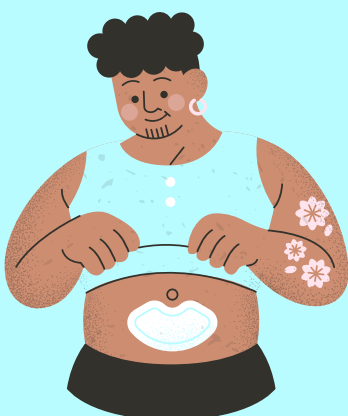
Trans Identities



• Transgender is an umbrella term for people who don't identify with the gender they were assigned at birth

- Some non-binary people (see next page) identify as trans, but some don't!

- Trans people may experience gender dysphoria*
- In order to alleviate gender dysphoria, trans people may undergo gender-affirming surgery, take hormones, change pronouns, or change their name
 - This is not always the case, and that's great, too!



Non-binary People and Related Identities

- *Non-binary is a term to refer to people who exist outside of the gender binary*
 - *There are other identities, such as those who align with 2+ identities, fluctuate between different genders, or have no gender at all*
- *Like trans people, non-binary people may experience dysphoria, seek gender-affirming care, change their name, change their pronouns, or do none of these things!*
- *Some reject specific terms, instead emphasizing that their gender is in flux*

they
them

xe
xem

she he
they

ze
zir

he
they

Statistics

- "LGBTQ+ youth are more than 4 times as likely to attempt suicide as their peers" (2022, The Trevor Project)
- Percentage of suicide attempts in LGBTQ+ youth by race (2022, The Trevor Project)
 - 12% of white youth
 - 21% of Native/Indigenous youth
 - 20% of Middle Eastern/North African youth
 - 19% of Black youth
 - 16% of Latinx youth
 - 12% of Asian/Pacific Islander youth
- Native/Indigenous youth who are Two Spirit*/LGBTQ+ are 2.5 times more likely to report a suicide attempt than their peers
- 59% of Black trans and non-binary youth seriously consider suicide
 - Over 25% attempt suicide





How can trans people find support?

- *Remember: you deserve support! There will be people who try to undermine your identity or erase your lived experiences*
 - *You are valid!*
 - *Look into support groups and do your best to take care of your mental and physical health, if you have access*
 - *Find people and communities that support you*
 - *Social media has many communities that can provide empathy and resources*
 - *Joining an LGBTQ+ club could increase your support!*
 - *You don't have to come out to everyone in your life. If doing so could be dangerous, remaining closeted is valid!*
- 
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An opinion becomes hate when its existence harms another person

How can cisgender people support trans lives?*

- *Be an ally!*
 - *Show support to trans and non-binary people you know by asking for their pronouns, listening, and educating yourself*
 - *Practice changing your language and refraining from micro-aggressions**
- *Don't ask invasive questions*
 - *Asking about a person's body, their deadname*, medical history, etc. is hurtful and uncomfortable*
- *Speak up when you hear people making transphobic comments*

PROTECT
OUR
Trans
SIBLINGS



Hotlines and Helplines

- 24/7 Suicide and Crisis Lifeline
 - CALL or TEXT 988
 - Languages: English, Spanish
- 24/7 Crisis Counselors
 - TEXT "NAMI" to 741741
- NAMI HelpLine
 - CALL (609)-799-8994 (x 17)
 - Hours: Mon-Fri 10am-10pm E.T. 24/7
- LGBTQ+ Counselors (The Trevor Project)
 - TEXT "START" to 678678
 - CALL 1-866-488-7386
- 24/7 SAMHSA Substance Use National Hotline
 - CALL 1-800-662-HELP (4357)
 - Languages: English, Spanish



TAKE CARE
OF YOUR
MIND



Media Representation

- Representation can both advocate for marginalized communities and make people feel seen!
- Instagram:
 - *_ellawillis (they/them)*
 - Trans person who creates art for others!
 - *transgender_together*
 - An account that seeks to create a sense of community for gender nonconforming individuals
- Books:
 - *Stone Butch Blues* by: Leslie Feinberg
 - *She who Became the Sun* by: Shelley Parker-Chan
- TV Shows:
 - *Heartstopper*
 - *Pose*



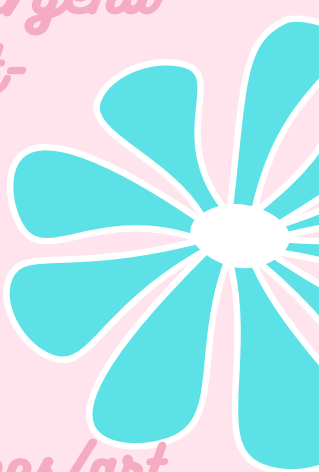
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