

Mental Health and the LGBTQIA+ Community





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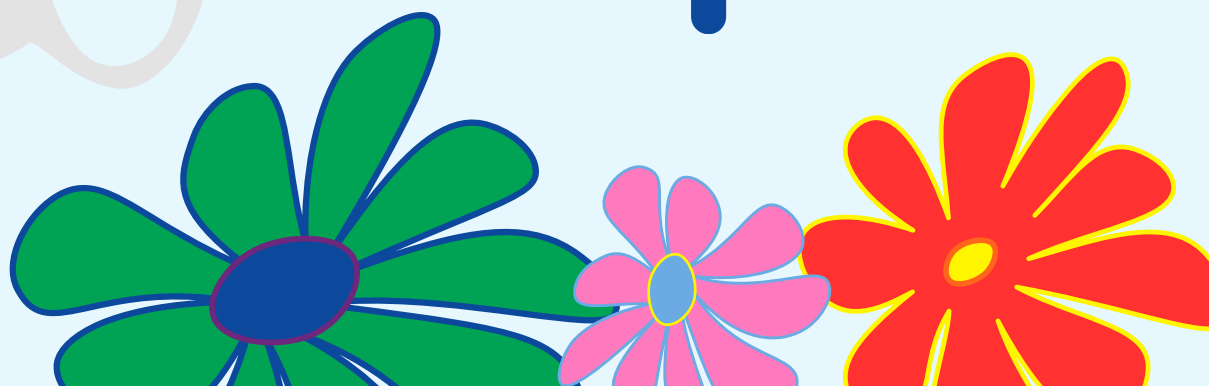
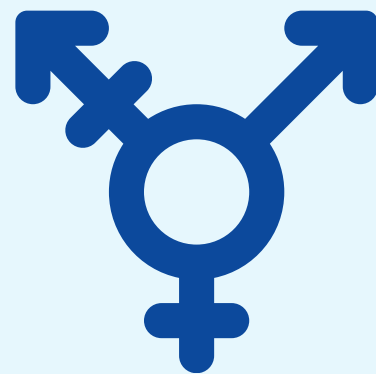
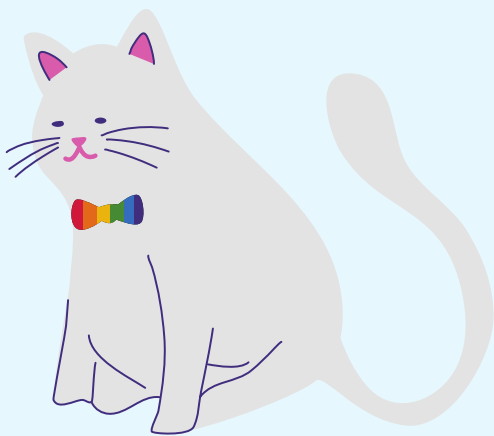
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Unfamiliar terms*



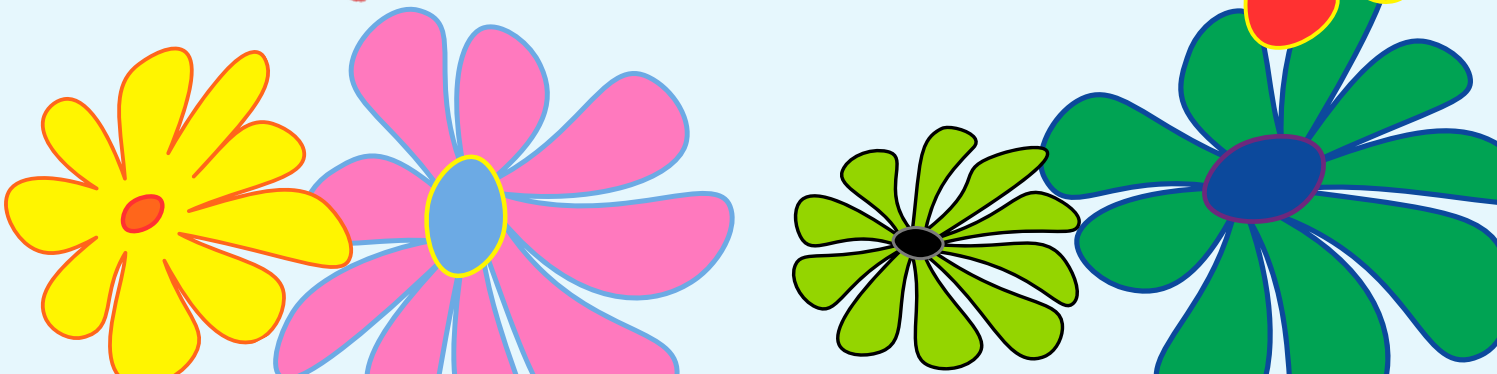
- Gender dysphoria: an extreme state of discomfort related to discrepancies between one's assigned gender and their true gender
- Gender identity: a person's innate sense of their own gender, whether male, female or something else, which may or may not correspond to the sex assigned at birth
- Gender expression: a person's gender expression is how they present their gender to the world
- Genderfluid: a person's gender identity changes over time rather than remaining static



Unfamiliar terms*

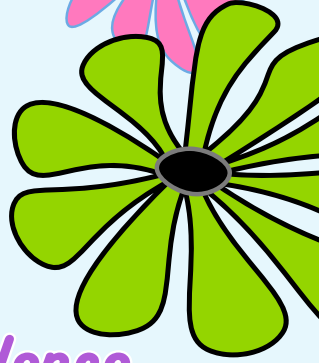
- Cisgender: anyone whose gender aligns with the sex they were assigned at birth
- Intersex: a person was born with reproductive anatomy that doesn't fit the typical female or male definitions
- Deadname: a person's birth name that's changed since they've come out
- Neopronouns: pronouns other than he, she, they, one, or it
 - Examples: xe/xyr, ze/zir, ze/hir
- Micro-aggression: small slights that happen in day-to-day interactions, typically about a person's race, gender, sexuality, religion, etc.

Pride



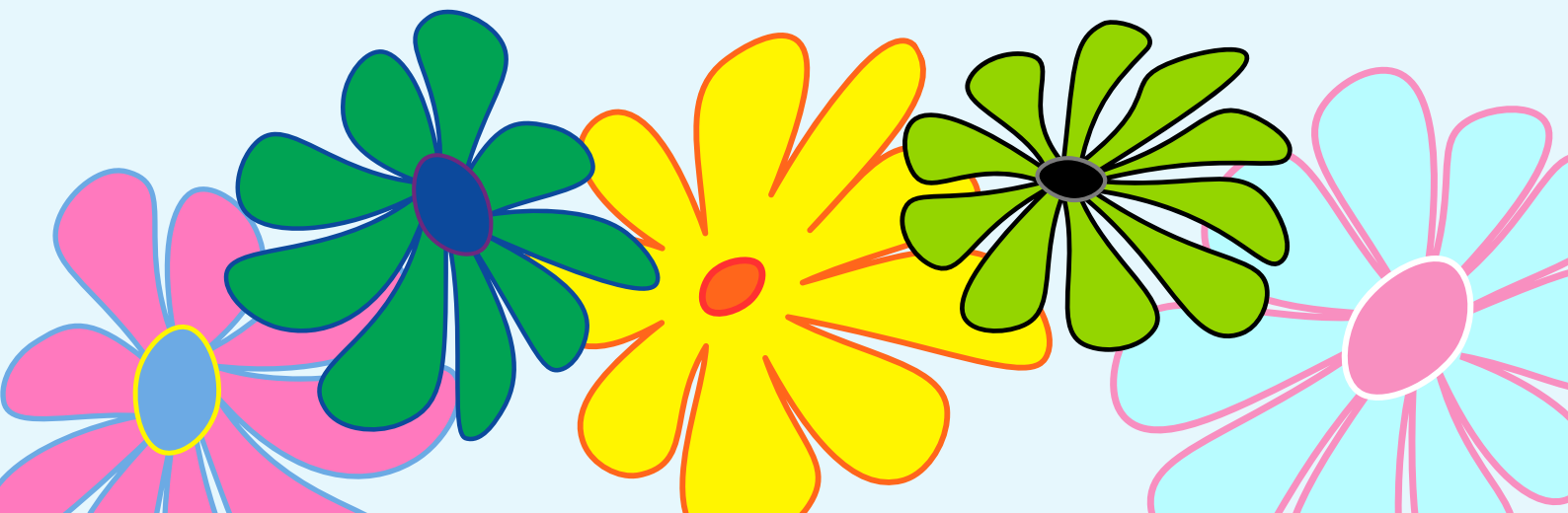
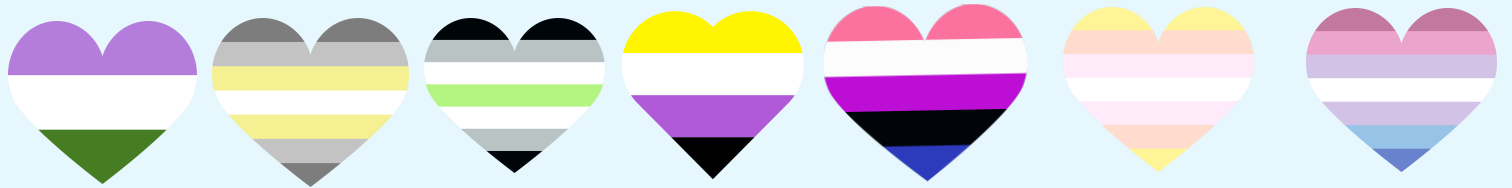
LGBTQIA+ communities and mental health

- People from LGBTQIA+ communities face recurring discrimination that can have significant mental health effects (2022, PsychCentral)
 - Discrimination such as bullying, harassment, exclusion, or even violence
 - Leading to higher rates of mental health problems, substance misuse, and suicide
- According to PsychCentral (2022) an estimated 40% of homeless youth are LGBTQIA+ due to family issues, being forced out of their home, abuse, or running away
- For transgender and non-binary individuals, feelings of anxiety, depression, and emotional distress can be fostered by the disconnection between their gender identity and the gender they were assigned at birth
- Some LGBTQIA+ individuals may avoid seeking therapy out of fear that they will be judged by the therapist



Non-binary People and Related Identities

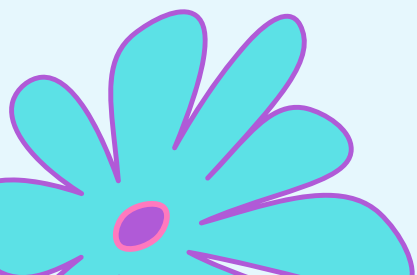
- *Non-binary is a term to refer to people who exist outside of the gender binary*
 - *There are other identities, such as those who align with 2+ identities, fluctuate between different genders, or have no gender at all*
- *Like trans people, non-binary people may experience dysphoria, seek gender-affirming 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*



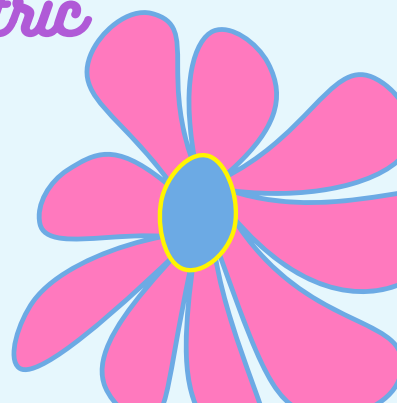
Statistics



- *“LGBTQIA+ youth are more than 4 times as likely to attempt suicide as their peers” (2022, The Trevor Project)*
- *Percentage of suicide attempts in LGBTQIA+ 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*
- *59% of Black trans and non-binary youth seriously consider suicide*
 - *Over 25% attempt suicide*
- *LGBTQIA+ individuals are 2.5 times more likely to experience depression, anxiety, and substance misuse compared with heterosexual individuals (2017, American Psychiatric Association)*



**Mental
health
matters**

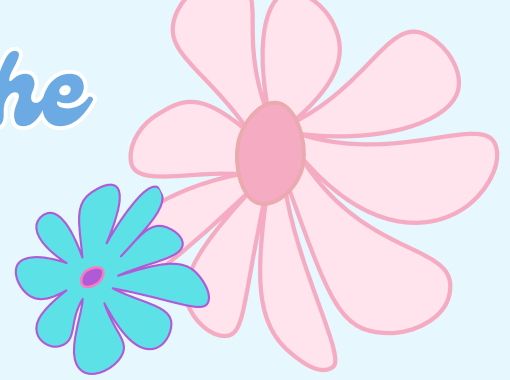


How can you support yourself as a LGBTQIA+ individual?

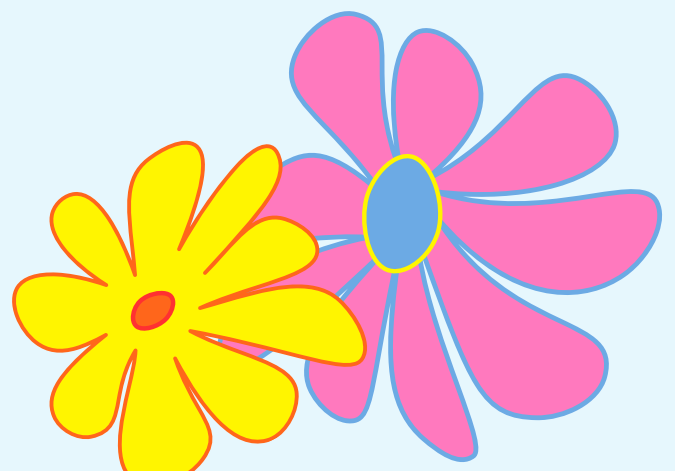
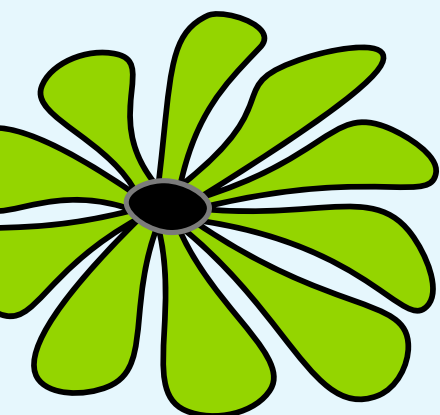
- *Remember: you deserve support! There will be people who try to undermine your identity or erase your lived experiences*
 - *You are valid!*
- *Look into support groups and do your best to take care of your mental and physical health, if you have access*
- *Find people and communities that support you*
 - *Social media has many communities that can provide empathy and resources*
 - *Joining an LGBTQIA+ club could increase your support!*
- *Attending LGBTQIA+ film festivals or advocacy events can provide a sense of community and solidarity*
- *You don't have to come out to everyone in your life. If doing so could be dangerous, remaining closeted is valid!*



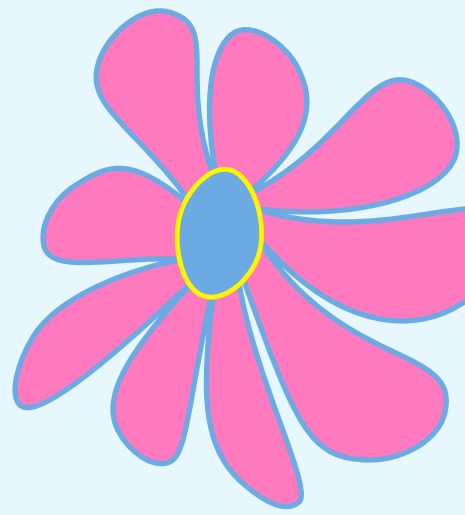
How can you support the LGBTQIA+ community?



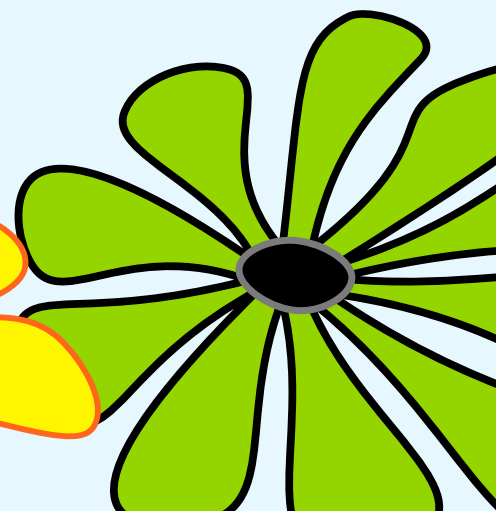
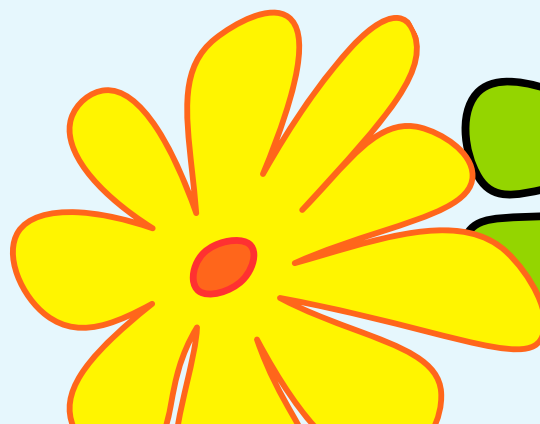
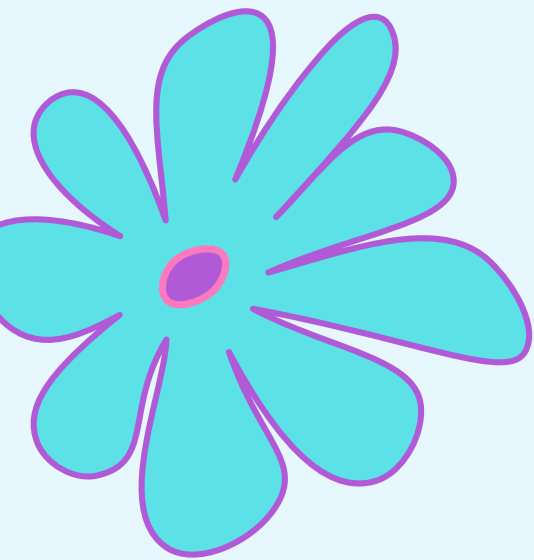
- *Be an ally!*
 - *Show support to people who identify with the LGBTQIA+ community by asking for their pronouns, listening, and educating yourself*
 - *Practice changing your language and refraining from micro-aggressions**
- *Don't ask invasive questions*
 - *Asking about a person's body, their deadname*, medical history, etc. is hurtful and uncomfortable*
- *Speak up when you hear people making discriminatory comments*
- *Advocate for policies that support equality*
 - *Such as non-discrimination policies, healthcare access for trans individuals, or the inclusion of LGBTQIA+ content in educational curricula*



Hotlines and Helplines



- 24/7 Suicide and Crisis Lifeline
 - CALL or TEXT 988
 - Languages: English, Spanish
- 24/7 Crisis Counselors
 - TEXT "NAMU" to 741741
- NAMI HelpLine
 - CALL (609)-799-8994 (x 17)
 - Hours: Mon-Fri 10am-10pm E.T. 24/7
- LGBTQIA+ 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



Media Representation

Representation can both advocate for marginalized communities and make people feel seen.

- *Content Creators:*

- *@transgender_together on Instagram*
- *@Joshhelfgott on TikTok*
- *@enby_therapist on TikTok*

- *Books:*

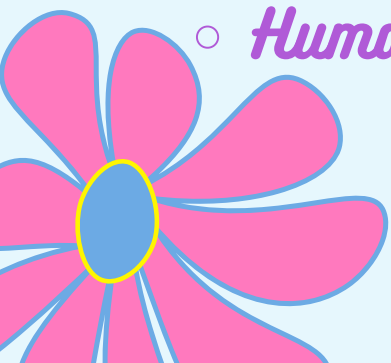
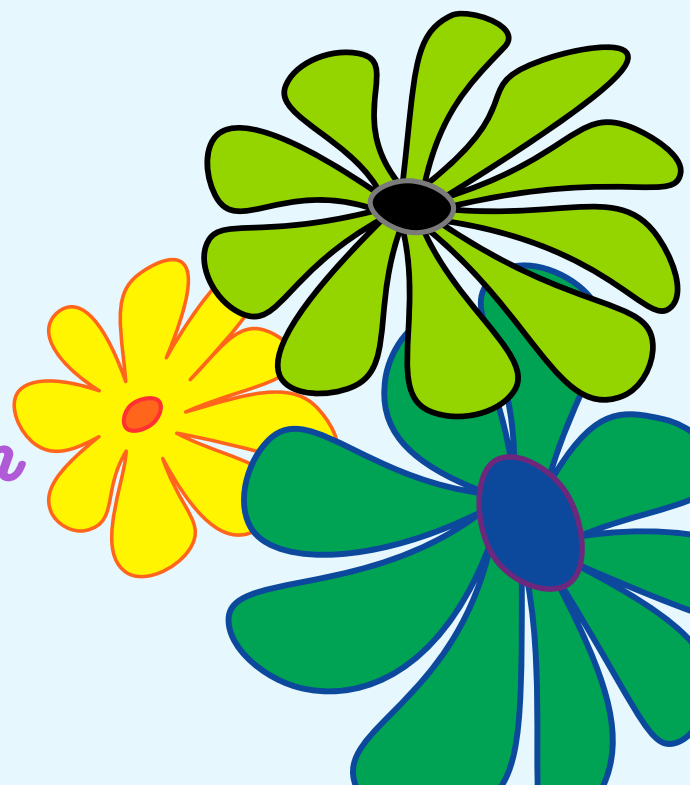
- *Stone Butch Blues by: Leslie Feinberg*
- *She Who Became the Sun by: Shelley Parker-Chan*
- *The Girl from the Sea by: Molly Knox Ostertag*
- *The ABC's of LGBTQ+ by: Ash Hardell*

- *TV Shows:*

- *Heartstopper*
- *Pose*
- *One Day at a Time*

- *Websites:*

- *The Trevor Project*
- *QueerPsych*
- *Human Rights Campaign*





References

<https://www.hrc.org/resources/be-an-ally-support-trans-equality>

<https://www.thetrevorproject.org/>

<https://www.plannedparenthood.org/learn/gender-identity/transgender/how-can-i-support-someone-whos-trans>

<https://glaad.org/>

<https://www.thetrevorproject.org/resources/article/facts-about-lgbtq-youth-suicide/>

<https://psychcentral.com/health/list-of-lgbtqia-terms#glossary>

<https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-LGBTQ.pdf>