



Mental Health & LGBTQ Youth

- LGBTQ youth experience higher rates of depression, anxiety, substance abuse, and suicide attempts than their heterosexual peers
- The discrimination, stigma, and bullying that many LGBTQ youth experience at home, in school, and in their communities can have a negative effect on an individual's mental health
- Some LGBTQ youth are rejected or abused by their families or friends, weakening their social support networks and making them more vulnerable to mental health issues

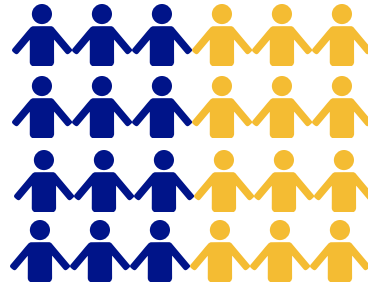
Resources

- Use the **LGBTQ Resource Map's** "Counseling, Therapy, Psychological and Psychiatric" filter to find resources near you - <https://ma-lgbtq.org/>
- If you or someone you know is thinking about suicide, **The Trevor Project** provides a crisis talk line, phone, text, and online chat options available - <https://www.thetrevorproject.org/get-help-now> & 1-866-488-7386
- Find an LGBTQ affirming therapist: <http://www.lgbtqtherapistresource.com>
- **Safe Homes MA** serves as a drop in center with resources and support for LGBTQ youth - <http://www.safehomesma.org/index.html>
- **Pride Counseling** - online therapy with a licensed counselor - <https://www.pridecounseling.com/> - this resource is not free
- **Edward M. Kennedy Community Health Center** - <https://www.kennedychc.org/>
- **UMass Memorial Children's Medical Center Youth Gender Services** - medical transition care - <https://www.umassmemorialhealthcare.org/umass-memorial-medical-center>

Get the Facts

- LGBTQ youth are **6** times more likely to experience depression
- LGBTQ high school students reported feeling sad or hopeless for 2+ weeks at more than **double the rate** of their heterosexual peers
- **40%** of transgender and gender non-conforming individuals have attempted suicide
- **40%** of homeless youth identify as LGBTQ, putting them at even greater risk for mental illness

- **50%** of LGBTQ high school students in MA have seriously considered suicide, compared to 11% of heterosexual high school students



- Nearly **50%** of MA LGBTQ students reported intentionally harming themselves in the last year, while only 15% of heterosexual students report the same

Fight Shame

- Having a mental illness is not a reflection on a person's worth
- Stigma around mental illness creates an environment of shame, fear and silence that can keep people from seeking help
- We can overcome the stigma and shame around mental health by having open conversations in our community as well as seeking therapy and healing spaces