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

Learn more about the MA Commission on LGBTQ Youth at: www.mass.gov/cgly
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

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