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.

You can reach specialized LGBTQIA2S+ affirming counseling by texting Q to 988 or pressing 3 when calling

MORE HELP

The Trevor Project
www.thetrevorproject.org/get-help/
QPlus
www.qplusct.org/

LGBTQIA2S+ SUICIDE RISK FACTORS

The majority of LGBTQIA2S+ 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)

LGBTQIA2S+ YOUTH HOW TO TAKE CARE OF YOURSELF

KNOW YOU ARE NOT ALONE

TALK TO SOMEONE

BUILD A SUPPORT NETWORK

MAKE A SAFETY PLAN (3)

ALLIES TAKE ACTION IN PROTECTING LGBTQIA2S+ LIVES

INCREASE
family acceptance & affirmation of a person’s LGBTQIA2S+ identity

INCREASE
access to LGBTQIA2S+ affirming physical & mental health care

REDUCE
bullying, violence and other forms of victimization

REDUCE
anti-LGBTQIA2S+ stigma & prejudice

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LGBTQIA2S+ 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 LGBTQIA2S+ 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 LGBTQAI2S+ young people who wanted mental health care in the past year were not able to get it. (1)

References