



LGBTQIA+ Mental Health Awareness



Members of the LGBTQIA+ community often face more difficulty in accessing appropriate mental healthcare. This can be attributed to many factors, including lack of support from loved ones, lack of social supports, lack of educated providers, financial barriers, and discrimination and bias within the mental health field. This leads to higher rates of mental illness, emotional distress as well as a greatly increased risk of suicide.

Important LGBTQIA+ Facts

- ❖ Those in the LGBTQIA+ community are 2.5 times more likely to experience depression, anxiety, and substance abuse compared to heterosexuals.
- ❖ 31% of older adults in the LGBTQIA+ community report depressive symptoms and 39% report serious thoughts of suicide.
- ❖ It is estimated that LGBTQIA+ youth and young adults have a 120% higher risk of experiencing homelessness.
- ❖ The rate of suicide attempts for lesbian, gay, and bisexual youth is four times higher than that of heterosexual individuals.
- ❖ Transgender individuals are nearly four times more likely than cisgender individuals to experience a mental health condition.
- ❖ According to the National Institutes of Health, legal changes of names and genetic markers on state IDs and passports for transgender individuals are associated with lower reports of depression, anxiety, somatization, psychiatric distress, and emotionally upsetting responses to gender-based mistreatment.
- ❖ According to Harvard Medical School and the Journal of the American Medical Association, gender-affirming surgery is associated with a 42% reduction in psychological distress, 44% reduction in suicidal thoughts, and 35% reduction in tobacco smoking.

Cultivating Pronoun Awareness

- ❖ Here are many variants of gender inclusive pronouns that are commonly used among agender, gender queer, intersex, nonbinary, and trans people.
- ❖ When someone is referred to with the wrong pronoun or name, it can make them feel disrespected, invalidated, dismissed, or alienated.
- ❖ You can't always know someone's pronouns by their appearance.
- ❖ In order to affirm someone's gender identity, ask what pronouns and name they use.
- ❖ Some people do not want to be referred to by pronouns and wish to be referenced by their name only.
- ❖ Gendered language impacts agender, gender queer, intersex, nonbinary, and trans people.
- ❖ This simple effort can make a profound difference in someone's experiences of safety, respect, and support for those individuals who do not identify with the gender binary.

PRONOUNS					
A Helpful Resource					
Pronouns are words that substitute for nouns. Gender pronouns are used in place of a person's name. This list is not exhaustive but is a good place to start!					
Binary and Gender Neutral Pronouns					
	Nominative (Subject)	Objective (Object)	Possessive Adjective	Possessive Pronoun	Reflexive
She	She	Her	Her	Hers	Herself
He	He	Him	His	His	Himself
They	They	Them	Their	Theirs	Themselves
Ze	Ze	Hir	Hir	Hirs	Hirself
Ey	Ey	Em	Eir	Eirs	Eirself



Lesbian Gay Bisexual Transgender Queer/Questioning Intersex Aromantic/Asexual