

Snapshot: LGBTQ Youth & Mental Health



Due to their identities, lesbian, gay, bisexual, transgender and queer (LGBTQ) youth face violence and harassment at home, in school and in their communities. Increased rejection from their families and peers frequently results in heightened levels of homelessness and discrimination when compared to their cisgender and heterosexual counterparts. Given this information, it is especially important to examine how these experiences relate to LGBTQ young adults' well-being.

Impact of Discrimination and Victimization



LGBTQ youth are **2.5x** more likely to self-harm after every time they experience victimization, such as physical or verbal harassment or abuse.¹



LGBTQ youth who are rejected by their families are more than **8x** more likely to attempt suicide, **3x** more likely to use drugs and **3x** more at risk for STIs and HIV.²



82% of TGNC individuals seriously considered killing themselves at some point in their lives and **40%** report having attempted suicide, with higher rates for people of color.³

Hostile School Climate

- 80% of queer students report that their school participates in LGBTQ-related discriminatory policies or practices, with two-thirds saying that they personally experience this discrimination.⁴
- 54% of TGNC youth out in school experience some form of mistreatment, including verbal harassment. 24% experience physical violence and 13% experience sexual assault because of their identity.
- Queer youth are at a greater risk for dropping out of school compared to their cisgender and heterosexual counterparts.⁵

Higher Rates of Mental Health Concerns

- Nearly 90% of queer youth report mental health concerns, including depression, anxiety and stress.⁶
- Nearly 60% of transgender and gender non-conforming (TGNC) youth reported higher rates of long-term mental health problems compared to their cisgender peers.⁷



Early intervention, comprehensive treatment and family support are the key to helping LGBTQ youth through a mental health condition.

For more information on LGBTQ-affirming providers, please visit gaycenter.org/thenetwork or contact network@gaycenter.org.

¹IMPACT. (2010). Mental health disorders, psychological distress, and suicidality in a diverse sample of lesbian, gay, bisexual, and transgender youths. *American Journal of Public Health*, 100(12), 2426-32. ²Ryan, C. (2009). Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children. California: San Francisco State University. ³Ibid. ⁴James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington, DC: National Center for Transgender Equality. ⁵Kosciw, J. G., Greytak, E. A., Giga, N. M., Villenas, C., & Danischewski, D. J. (2016). The 2015 National School Climate Survey: The experiences of lesbian, gay, bisexual, transgender, and queer youth in our nation's schools. New York: GLSEN. ⁶Kosciw, J. G., Greytak, E. A., Giga, N. M., Villenas, C., & Danischewski, D. J. (2016). The 2015 National School Climate Survey: The experiences of lesbian, gay, bisexual, transgender, and queer youth in our nation's schools. New York: GLSEN. ⁷Chelvakumar, G. (2016). Updates on health and care utilization by TGNC youth. *Pediatric News*.