

FACT SHEET

MENTAL HEALTH AND LGBTIQ+ YOUTH

#6

WHAT IS MENTAL HEALTH?



Mental health refers to a state of wellbeing that a person feels when they have a sense of their own abilities, when they can cope with the regular stresses of life, when they can cope at work or at school, when they can build and maintain healthy relationships and when they can participate in and contribute to life in their community.

For several reasons, the lesbian, gay, bisexual, transgender, and queer (LGBTQ) community suffers from poorer overall mental health compared to heterosexuals.



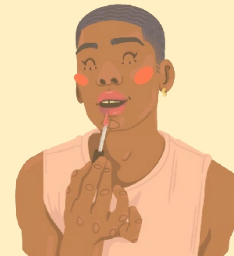
WHY LGBTIQ+ YOUTH MIGHT EXPERIENCE POORER MENTAL HEALTH

They may:

- Have to cope with stigma, discrimination, or violence
- Have negative feelings about themselves because of their sexual orientation or gender identity
- Feel isolated or lonely
- Feel that they must hide their sexual orientation or gender identity

68% of LGBTQ youth reported symptoms of generalized anxiety disorder in the past two weeks, including more than 3 in 4 transgender and nonbinary youth

DID YOU KNOW?



Nearly half of transgender & nonbinary youth didn't receive wanted mental health due to concerns related to the LGBTIQ+ competence of providers

46% of LGBTQ youth report they wanted psychological or emotional counseling from a mental health professional **but were unable to receive it in the past 12 months**



Common LGBTIQ+ mental health issues;

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Substance abuse
- Thinking about or attempting suicide.

