Suicide Prevention Among LGBTQ+ Youth

WHY THIS MATTERS

- **34%** of all children in foster care identify as LGBTQ+, that's 1 in 3 children.

- **14%** of LGBTQ+ youth **attempted** suicide in the past twelve months, including more than **1 in 5 transgender and non-binary youth**.

- **41%** of LGBTQ +youth and **50%** of transgender and non-binary youth report having seriously considered attempting suicide in the past 12 months.

- LGBTQ+ youth with a history of foster care have **3 times greater odds** to report a past suicide attempt.

- Nearly **1 in 4 Black LGBTQ + youth in foster car**e reported a suicide **attempt** in the past.

- **56**% of transgender and non-binary youth didn't receive wanted mental health care due to concerns related to the LGBTQ competence of mental health service providers.

AFFIRMING SUPPORT IS VITAL

- Transgender and non-binary youth who report having their pronouns respected by all or most of the people in their lives attempted suicide at half the rate of those who did not have their pronouns respected.

- Teens who perceived parental support regarding gender identity were **93% less likely** to attempt suicide than youth who did not perceive parents as supportive.

- Transgender and non-binary youth with access to binders, shape-wear, and gender-affirming clothing reported lower rates of attempting suicide in the past year compared to transgender and non-binary youth without access.

- 70% of transgender youth with family support report positive mental health.

TIPS TO SUPPORT LBTQ+ YOUTH

- Do not make assumptions about a youth's sexual orientation or gender identity.

- Support a child's LGBTQ identity or journey even if you may feel uncomfortable. Kindness, open communication, and respect are important to every child.

- Assist children with access to gender affirming health care and mental health care.

- Talk to youth about privacy and consent.

RESOURCES

- Trevor Lifeline: 866-488-7386
  By Text: START to 678678
- Trans Lifeline: 877-565-8860
- Thrive Lifeline: Text "THRIVE" to
                        313-662-8209

familybuilders.org