

Spotlight on: LGBTQIA+ Youth



OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding mental health and invite you to learn more.

Did you Know?



LGBTQIA youth are more at risk for depression, anxiety and suicide than their non-LGBTQIA peers. Isolation or a lack of family acceptance can increase those risks.

A snapshot of LGBTQIA youth in 2019 showed:

- 71% experience discrimination because of their sexual orientation or gender identity
- 39% had seriously considered attempting suicide in the last year
- 71% felt hopeless for at least 2 weeks in the last year

Take Action

Learn how to LISTEN.

Active listening can help foster better understanding with LGBTQIA+ youth. Ask follow-up questions, practice paraphrasing and prioritize validation, even when their experience lead to feelings of discomfort.

At School

Make your school community a safe space for LGBTQIA+ youth.

Give school staff information about how to be supportive allies. Here are a few resources we love:

Teachers as LGBTQIA Allies

<https://www.accreditedschoolsonline.org/education-teaching-degree/lgbtq-youth/>

Trevor Project Lifeguard Workshop

<https://www.thetrevorproject.org/education/lifeguard-workshop/>

Almost 1 in 5 foster care youth identify as LGBTQIA.



In many circumstances, being LGBTQIA is part of the reason that they are in foster care.

One affirming adult in the life of an LGBTQIA child can reduce the risk of suicide by 40%.



Did You Know?

COVID-19 has drastically affected many LGBTQIA+ youth. Many are sheltering-in-place with unsupportive family and don't have the same connections to their affirming support system at school.

Data by The Trevor Project, The Family Acceptance Project, and Human Rights Campaign



At Home

Learn how to be supportive and why it's important.

Here's a really great place to start: https://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf

At Work

Make your workplace a Safe Space for young LGBTQIA+ employees. We've created this handy guide:

Provide annual cultural competence trainings. Here's our go-to recommendation if you need somewhere to start: <https://thinkculturalhealth.hhs.gov/education/behavioral-health>

Need Help?

988 Suicide and Crisis Lifeline Call or text 988 or chat 988lifeline.org/chat

Trans Lifeline 1-877-565-8860

The Trevor Project 1-866-488-7386, or text START to 678678

Crisis Text Line Text Got5 to 741741

OMH's Customer Relations 1-800-597-8481



Office of
Mental Health

Office of Children
and Family Services