



KNOW THE FACTS LGBTQ+

Information below is from the 2022 National Survey on LGBTQ Youth Mental Health, which reflects the experiences of nearly 34,000 youth ages 13-24 across the United States. The survey was conducted by The Trevor Project, the world's largest suicide prevention and mental health organization for lesbian, gay, bisexual, transgender, queer and questioning youth.



45% of LGBTQ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth (53%) and 1 in 3 cisgender youth (33%).



14% of LGBTQ youth attempted suicide in the past year. The rate was higher among transgender and binary youth, with nearly 1 in 5 attempting at least once in the past year. LGBTQ youth of color reported higher rates of suicide attempts than their white peers.



LGBTQ youth who felt high social support from their family reported attempting suicide at **less than half the rate** of those who felt low or moderate social support.



LGBTQ youth who found their school to be LGBTQ-affirming reported **lower rates of attempting suicide**.



LGBTQ youth who live in a community that is accepting of LGBTQ people reported significantly lower rates of attempting suicide than those who do not.



73% of LGBTQ youth reported experiencing anxiety in the past year. The rate rose to nearly three-fourths of transgender and nonbinary youth.



58% of LGBTQ youth reported experiencing symptoms of depression in the past year. Among transgender and nonbinary youth the rate was nearly two-thirds.



Among LGBTQ youth, 82% wanted mental health care in the past year. 60% of the youth who wanted mental health were not able to get it.

CRISIS HELP: If you or someone you know is considering suicide, help is available. It can get better. Call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), or the Crisis Center 330-452-6000, or text "4Hope" to 741 741.



31% of LGBTQ youth reported that they have been physically threatened or harmed due to their sexual orientation.



37% of transgender or nonbinary youth reported that they have been physically threatened or harmed due to their gender identity.



91% of transgender and nonbinary youth reported worrying about being denied access to the bathroom due to state or local laws.



83% of transgender and nonbinary youth reported worrying about transgender people being denied the ability to play sports due to their state or local laws.



73% of LGBTQ youth reported that they have experienced discrimination based on their gender identity or sexual orientation at least once in their lifetime.



17% of LGBTQ youth report being threatened with or subjected to conversion therapy, including 1 in 5 transgender and nonbinary youth.



LGBTQ youth who experienced anti-LGBTQ victimization (e.g. being physically threatened, physically harmed, discrimination, or subjected to harmful therapy) reported more than twice the rate of suicide attempts over the past year compared to those who did not have these experiences.



89% of youth reported that seeing positive LGBTQ representation in TV or movies made them feel good about being LGBTQ.



DID YOU KNOW?

Worldwide, people born with bodies outside of traditional male/female categories are as common as people with red hair (or twice the estimated population of Canada).

Schools are identified by many LGBTQ youth as potential safe havens.

Providing gender-neutral bathrooms to all students helps LGBTQ youth feel safer at school.

LGBTQ youth who report feeling connected to and affirmed by their school were twice as likely to have good or excellent mental health.

Displaying LGBTQ-friendly symbols helps to improve LGBTQ youth's self-esteem and fosters a sense of belonging.

Having at least one supportive, accepting adult in their life can reduce the odds of a LGBTQ youth attempting suicide by 40%