

THE **TREVOR** PROJECT

**NATIONAL SURVEY
ON LGBTQ YOUTH
MENTAL HEALTH**

Introduction

- **Largest survey** of LGBTQ youth mental health ever conducted
 - Over 34,000 youth ages 13-24 responded
 - Conducted February 2018 - September 2018
 - Approved by an Independent Review Board
- **New insights** into the challenges that LGBTQ youth across the country face every day, including suicide, feeling sad or hopeless, discrimination, physical threats, and exposure to conversion therapy

Existing Data on Transgender Youth

Lack of nationwide data on risk factors and outcomes associated with transgender and gender diverse youth in the U.S.

2017 CDC Youth Risk Behavior Surveillance Survey first to include gender identity (transgender, not transgender, not sure)

2017 YRBS provides prevalence but limited to 10 states and only transgender vs. cisgender

LGBTQ Youth Suicide

39% of LGBTQ youth seriously considered attempting suicide in the past twelve months, with more than half of transgender and non-binary youth having seriously considered

LGBTQ youth that
■ considered and ■ attempted suicide:

By Gender Identity:

Cisgender



Transgender and non-binary



By Age:

13-17



18-24



Facts about LGBTQ Youth Mental Health

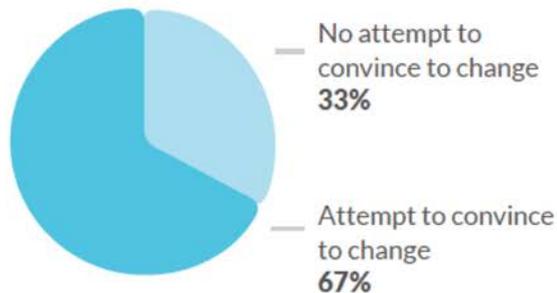
71% reported feeling sad or hopeless for at least two weeks in the past year

76% felt that the recent political climate impacted their mental health or sense of self

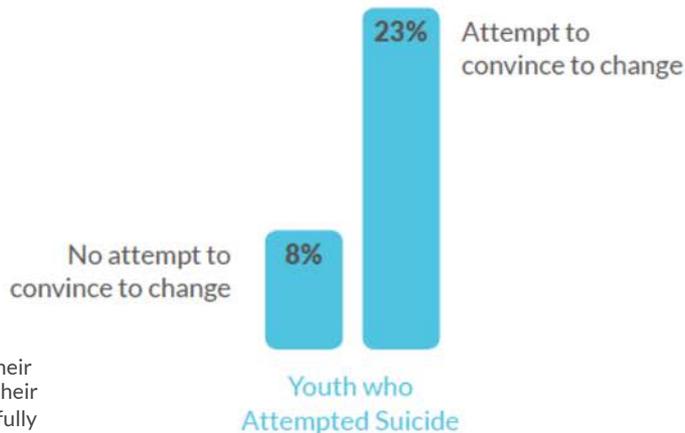
47% received psychological or emotional counseling from a mental health professional

2 in 3 LGBTQ youth reported that someone tried to convince them to change their sexual orientation or gender identity

LGBTQ youth who reported someone attempted to convince them to change their sexual orientation or gender identity*:



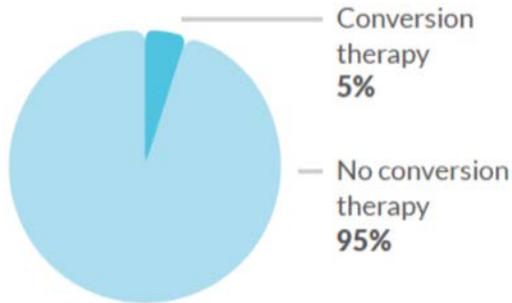
Youth who attempted suicide, comparison of those who experienced attempts to change their sexual orientation or gender identity to those who had not:



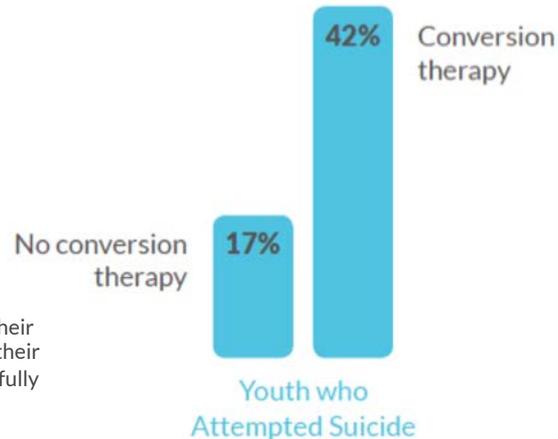
*Some LGBTQ youth who have undergone conversion therapy may not use that term to describe their experience. We asked youth separately whether someone attempted to convince them to change their sexual orientation or gender identity and whether they underwent conversion therapy in order to fully capture the ways youth experience efforts to change their sexual orientation or gender identity.

57% of transgender and nonbinary youth who have undergone conversion therapy report a suicide attempt in the last year

LGBTQ youth who reported undergoing conversion therapy*:



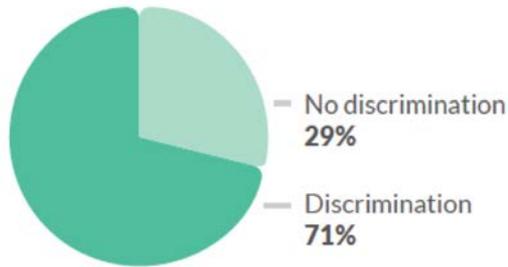
Youth who attempted suicide, comparison of those who experienced conversion therapy with those who had not:



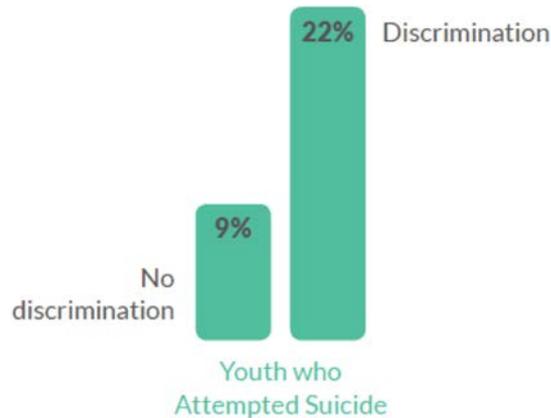
*Some LGBTQ youth who have undergone conversion therapy may not use that term to describe their experience. We asked youth separately whether someone attempted to convince them to change their sexual orientation or gender identity and whether they underwent conversion therapy in order to fully capture the ways youth experience efforts to change their sexual orientation or gender identity.

71% reported experiencing discrimination due to either their sexual orientation or gender identity

LGBTQ youth who experienced discrimination due to either their sexual orientation or gender identity:



Youth who attempted suicide, comparison of those who experienced discrimination with those who had not:



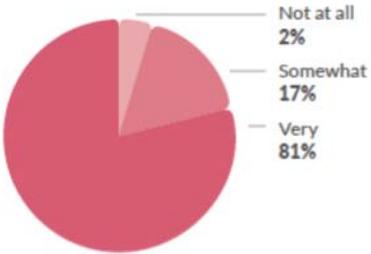
58% of transgender and non-binary youth reported being discouraged from using a bathroom that corresponds to their gender identity.

YOUTH SUPPORT PREFERENCES

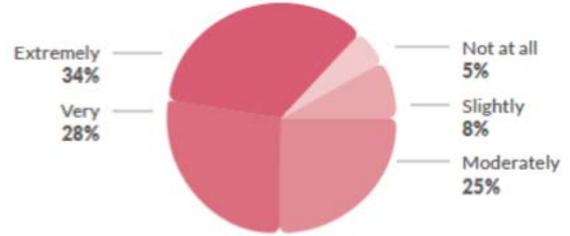
87% said it was important to them to reach out to a crisis intervention organization that focuses on LGBTQ youth

98% said a safe space social networking site for LGBTQ youth would be valuable to them

How valuable is an LGBTQ safe-space networking site?

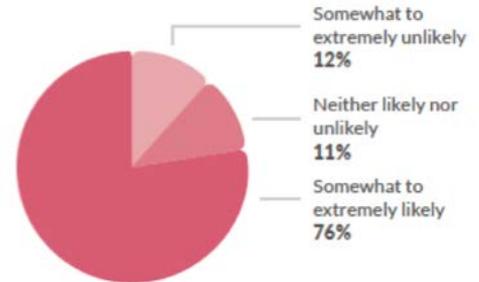


How important would it be to you to reach out to a crisis intervention organization focused on LGBTQ youth?



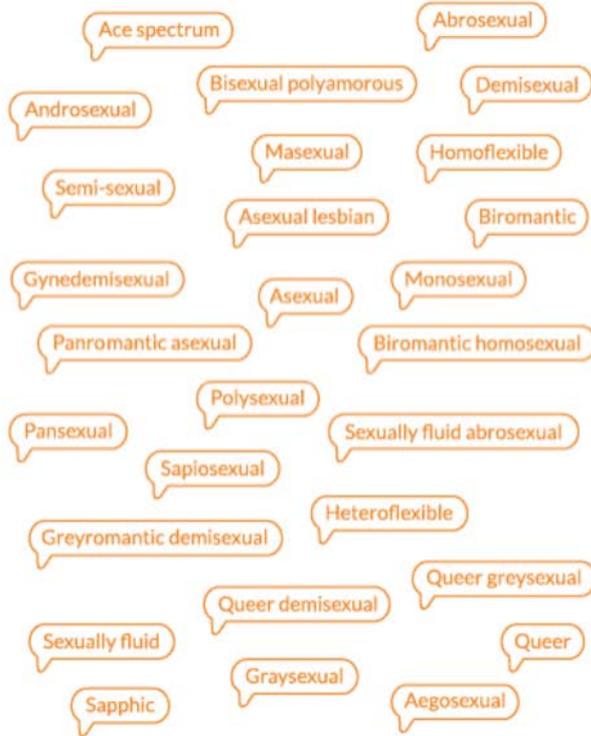
Youth indicated a strong digital preference for reaching out when in crisis.

If you needed to reach out to a crisis intervention organization for support, how likely are you to reach out via chat/instant message or text message?

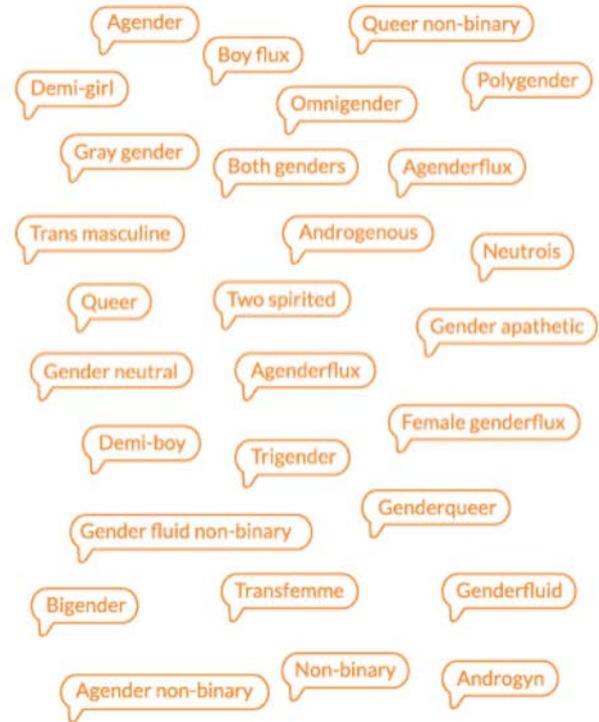


Diversity of Youth Sexual Orientation and Gender Identity

LGBTQ youth in the survey identified with more than 100 sexual orientations



LGBTQ youth in the survey identified with more than 100 gender identities



Future Directions

Further explore interaction of other environmental and health factors with LGBTQ youth mental health

SOGI mortality data collection

THE **TREVOR** PROJECT

**MENTAL HEALTH
OUTSIDE OF THE
HEALTH CARE SYSTEM**

In the schools

Model School Policy

Lifeguard Workshop

In the schools

- We estimate that well over 2 million youth across NY state are enrolled in schools that are not covered by LGBTQ inclusive suicide prevention policies.
- More than 1/3 of New York school districts currently do not have a suicide prevention policy, leaving more than 500,000 students without protective measures in place in their schools
- Only 2% (6) of identified existing policies address LGBTQ youth
- 99.7% (303) of existing policies provide intervention provisions
- 76.6% (233) of existing policies include prevention, intervention, and postvention

In the schools

November 2018:

“After reading hundreds of school suicide prevention policies from all across the state, The Trevor Project’s researchers found that only 3% of policies implemented before passage of AB 2246 in 2016 included LGBTQ youth, compared to more than 90% of those written afterwards. Today, 25% of California’s school suicide prevention policies still do not address LGBTQ students.”

TrevorSpace – Social Network



THE COMMUNITY		
 Social Lounge — ● Random, ● Serious discussion, ● Entertainment, ● All about you, ● Finding friends General topics and discussions	215,520 posts	9 minutes ago
 Coming Out Discuss tips, stories, and plans related to coming out.	13,053 posts	3 hours ago
 Friends, Family, and Relationships From gushing about a crush to having a heart-to-heart with your family, explore the complexity of relationships here.	17,642 posts	5 minutes ago
 Sexual Orientation New tool to explain SO or GI? Not sure how you identify? Don't know what non-binary means? Find out here.	8,694 posts	2 minutes ago
 Gender — ● Transitioning, ● Fashion and Beauty, ● Body Dysphoria, ● Gender Queer / Non-Binary / Gender Fluid	18,045 posts	1 minute ago
 Support and Advice What should I major in? How do I help a friend who is depressed? What are	15,611 posts	...



The Trevor Project focuses on ending suicide among LGBTQ youth.
If you or someone you know needs help, we are here for you.



TrevorLifeline

If you're thinking about suicide, you deserve immediate help.
Call us anytime.

866.488.7386



TrevorText

Talk to a Trevor counselor via text message.

Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.

TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:

TheTrevorProject.org/resources

TheTrevorProject.org

Contact Information

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Questions?