

MENTAL HEALTH SUPPORTS FOR LGBTQIA+ YOUTH



YOU! Skills to self-regulate are integral to being a supportive adult!

Tone Regulation:

- Inflections in voice can indicate curious questioning vs. judgmental statements
- Combat raised voices with mindfulness techniques to temper emotions

Empathize and validate emotions verbally:

- “I can see how much this affects you.”
- “What you are feeling is valid.”

MENTAL HEALTH AFFECTS

Anxiety, depression, and suicidal ideation disproportionately affect students who identify as LGBTQIA+.

- 12% of LGBTQ+ young people attempted suicide in the past year.*
- 50% of LGBTQ+ young people who wanted mental health care in the past year were not able to get it.*
- 66% of LGBTQ+ young people reported experiencing recent symptoms of anxiety.*
- 53% of LGBTQ+ young people reported experiencing recent symptoms of depression.*

Access has become an equally increasing need:

- Among all LGBTQ+ young people, 84% wanted mental health care.*
- 50% of LGBTQ+ young people who wanted mental health care in the past year were not able to get it.*



References:

*Trevor Project 2024 Mental Health Survey

ORGANIZATIONS & RESOURCES

Trevor Project - thetrevorproject.org; thetrevorproject.org/breathing-exercise

- A nonprofit organization that focuses on suicide prevention and crisis intervention for LGBTQ+ young people.

LGBT National Youth Talkline - lgbthotline.org/youth-talkline

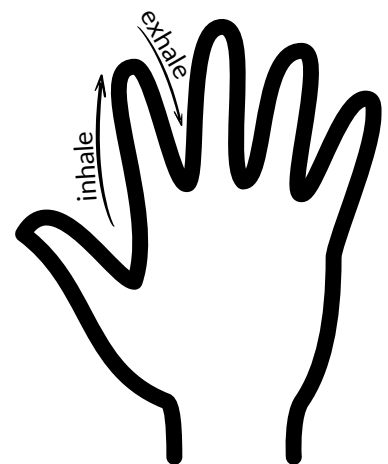
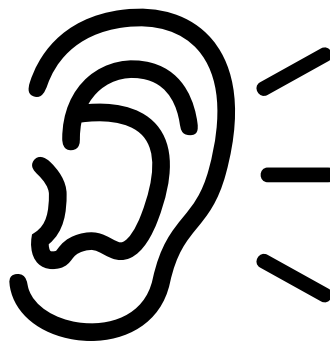
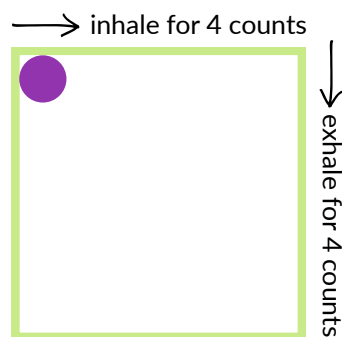
- A free and confidential resource, available by phone from 4 pm-12 am Eastern Monday-Friday and 12-5 pm Eastern on Saturdays. Trained volunteers are available to support LGBTQ+ youth and provide a safe and affirming space to talk during operational hours. To access, call: 1-800-246-7743.

Rainbow Youth Project- rainbowyouthproject.org/mental-health-care

- They provide access to no-cost mental health services, including suicide prevention and intervention, for LGBTQIA+ young people across the United States. It also provides transgender health care assistance. If you are in crisis, you can call this group directly at 317-643-4888.

HOW to support students' mental health

- Provide students with access to a quiet space for emotional regulation support
- Coach them through some mindfulness techniques:
 - Box breathing
 - Visualize the box as you count to 4 for each inhale and exhale
 - Deep Listening
 - Listen for a variety of sounds, starting with your breath and then moving outwards to distant sounds
 - Finger tracing
 - Breathe for 5: take 1 breath while tracing up and down each finger
- Advocate for them
- Affirm them



Breathe for 5:
1 breath up each finger
1 breath down each finger



Want to learn more?

gardenstateequality.org