

LGBTQ Mental Health Outcomes – A brief overview

Approx 3.6m of the UK population are LGB; 6%

74% LGB adults say were aware of their sexuality before 15 (26% before age 10)

35% of LGB people under 26 have attempted suicide once (18% for hetero) peaking between 16-17

LGB young people nearly 4 times as likely to entertain suicide ideation than heterosexual

48% Trans people under 26 have attempted suicide once (26% cisgender)

LGBT people report higher rates of inadequate diet, cancer, smoking, drug, alcohol and substance use

Significantly higher rates of self-harm, poor self-esteem, shame, body image

Higher incidents of “risky” sexual behaviour, especially amongst Trans community

Approx 70-75% (dependant on study) of LGBT individuals report experiencing homophobia

Trans individuals report twice as many incidents of abuse than LGB individuals.

Pupils in a Cardiff secondary school asked how they felt about bullying and homophobia:

- 73% bothered by a racial insult
- 33% bothered by homophobic insult
- 92% hear homophobic language daily
- 33% hear teachers making homophobic comments...29% at least weekly
- 53% say they never hear teachers intervene

Main factors around self-harm:

- Hiding identity in different communities (84%)
- Feeling unable to talk (75%) (not exclusively to services but also peers)
- Homophobia (70%) (physical and verbal)
- Heteronormative assumptions (34%) (incl “micro aggressions”)

Select factors impacting on mental health outcomes:

- Sexualised spaces
- Micro aggressions / homophobia / bullying
- Media Representation / lack of positive role models
- Lack of appropriate sex education
- Institutionalised gender / sexuality assumptions
- Community / familial / religious condemnation and rejection
- Binary assumptions
- Familial / community expectations
- Heteronormativity / Cisnormativity
- Isolation
- Dis-empowerment
- Invisibility

Barriers to accessing services:

- 50% because don't want to be seen as attention seeking
- 44% didn't want anyone to worry
- 40% ashamed about struggles
- 25% fear of judgement around LGBT identity
- Lack of inclusive advertising
- Concerns around confidentiality

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Where young people do go for help:

- Friend / Peer (50%)
- Internet (44%)
- GP (29%)
- Didn't want help (22%)
- Other NHS service (22%)
- LGBTQ specific youth services (15%)

A few recommendations:

- Accept the identity presented
- Challenge homo/transphobia
- Journeys don't end at coming out
- Remember non-binary needs
- Do a hetero/cisnormative learning walk
- Have inclusive displays / stickers
- Look at monitoring data if able
- It's OK to not know the answer!

Studies / Sources

Long term consequences of homophobic bullying, including suicidality and self-harm.

- Rivers I (1999 - current)

RaRE LGBT Mental Health - Risk & Resilience Explored

- Nodin N et al (2016)

LGBT Young People's Health in UK review

- Fay, V (2016)

Queer Futures LGBT Self Harm and Suicide Report

- McDermott, E., Rawlings, V., Hughes, L. (2016)

LGBT Young peoples experiences, mental and emotional wellbeing, impact and resilience.

- Scourfield J. et al (2008a, 2008b), Kelleher C (2009), Ryan C et al (2010), Russell S T et al (2011), Formby E. (2015).

The experiences and identified needs of lesbian, gay, bisexual and trans (LGBT) young people in Salford and implications for tailored service provisions:

- Fay, V., Lee, A., Zheng, M., & Donaldson, M. (2016).

Research Study into Trans Population of Manchester

- Proud Trust / LGBTF / other (2016).

Further studies available at www.lgbt.foundation/evidenceexchange?for-professionals

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42nd Street is available for one to one counselling / informal therapy for 13-25 year olds as well as offering weekly lgbtq+ groups for under and over 18s. More info at www.42ndstreet.org.uk or on 0161 228 7321. Our online project is also available at www.q42.org.uk with lots of resources and media.

The Proud Trust works with lgbtq young people also offers weekly youth groups around Greater Manchester and has helpful advice on their website as well as group times www.theproudtrust.org where there are also downloadable resources (incl primary resources)

The Samaritans provide confidential 24 hours telephone support on 08457 909090 for a range of crisis. More information is at <http://www.samaritans.org/>

For under 18's **Child-Line** is available on 0800 1111 24 hours a day. More information and some good informative forums are at www.childline.org.uk

If you there is online risk there is lots of information at www.ThinkUKnow.co.uk and you can report an incident to **CEOP** at www.ceop.police.uk

The **LGBT Foundation** has a helpline open 10:00 – 22:00 and can offer advice on coming out to hate crime and information on STI testing on 0345 3303030 and there is more information at <http://lgbt.foundation/>

Mermaids runs a helpline for teenagers and children of all ages with gender identity concerns on 0208 1234 819, open 15:00 – 19:00 and they have advice, support and forums at <http://www.mermaidsuk.org.uk/>

The Albert Kennedy Trust is available for LGBTQ people 16-25 who are homeless, sofa-surfing or living in crisis or living in a violent , hostile or abusive home on 0161 228 3308 Mon – Fri 10:00 – 16:30 or at <http://www.akt.org.uk/>

GALOP, (formerly Broken Rainbow), are available to support LGBTQ people experiencing domestic violence and their helpline is 020 7704 2040. The opening hours of this line vary – more information can be found at www.galop.org.uk as well as online support.

For young men currently involved in, or worried about, sex work, **The Men's Room** runs a drop in in Manchester's Gay Village on Tuesday nights. More information about their project is available at www.mroom.co.uk

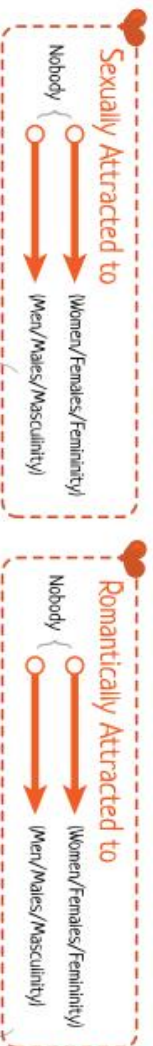
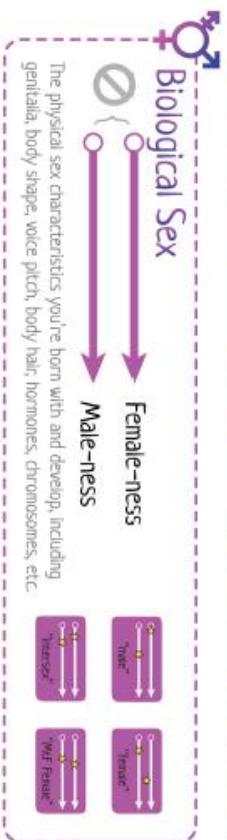
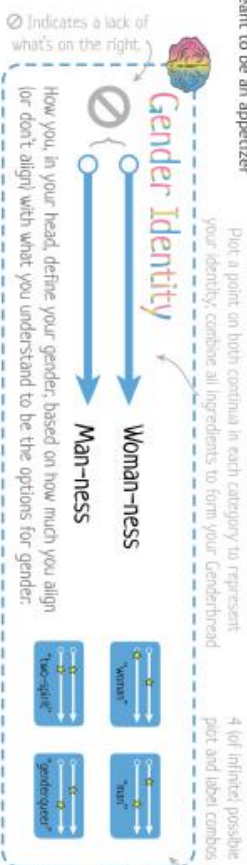
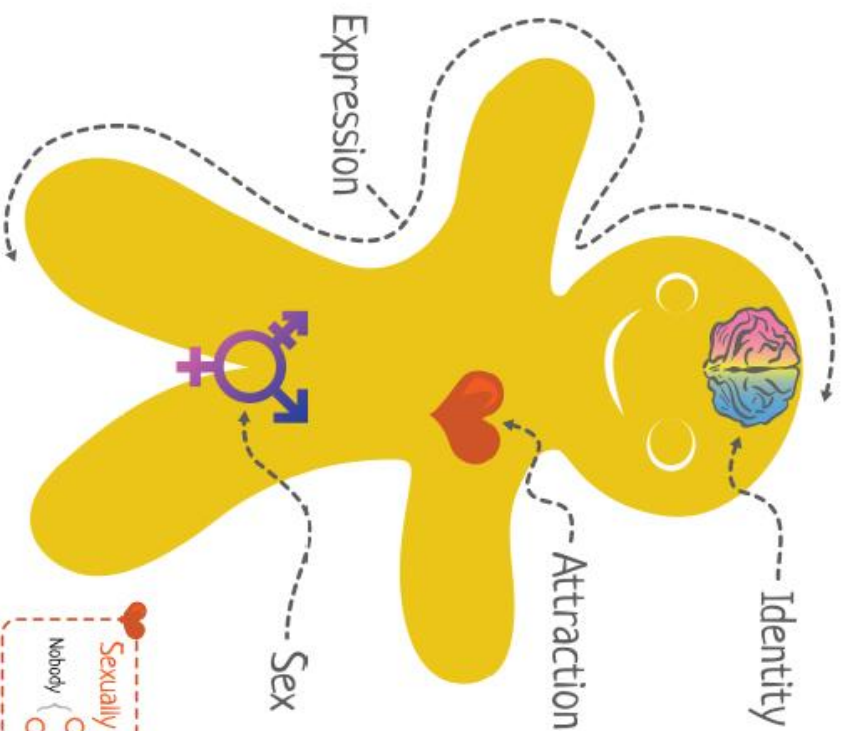
Both the **Metropolitan Church** (www.metropolitanchurch.org.uk) and **Imaan** (www.imaan.org.uk) offer religious support for LGBTQ people (Christian and Muslim respectively) A list of lgbtq friendly places of worship can also be found at www.gaychurch.org/find_a_church

For information for trans youth, particularly around legal areas and transitioning, www.uktrans.info offers a range of advice, as does www.genderedintelligence.co.uk . To find out more about the Leeds young people's Gender Identity Clinic head to www.tavistockandportman.nhs.uk

The Genderbread Person v3.3

by *its pronounced* **MEIRQ** *sexual*.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



In each grouping, circle all that apply to you and pick a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>