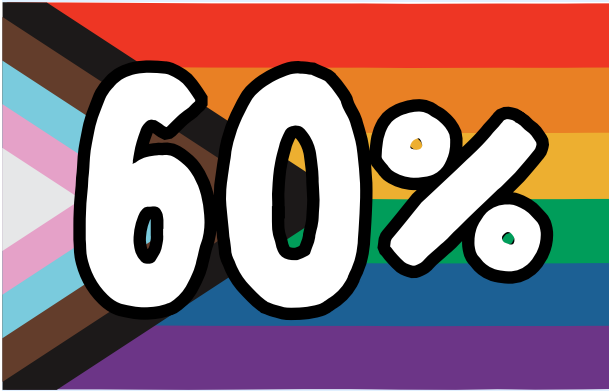


2023 LGBTQIA+ MENTAL HEALTH

STATISTICS & FACTS



In a 2022 Trevor Project survey of 34,000 LGBTQ+ youth ages 13-24 in the US, they reported...



of LGBTQ+ youth who wanted mental health care in the past year were not able to get it.

LESS THAN 1 IN 3

TRANSGENDER AND NONBINARY YOUTH found their home to be gender-affirming.

SUPPORT IS AVAILABLE. YOU ARE NOT ALONE.

KEY RISK FACTORS

THAT CAN TRIGGER SELF HARM AND SUICIDALITY

- barriers to accessing gender-affirming medical care
- experiencing family rejection
- experiencing discrimination
- conversion therapy
- being the victim of assault
- cyber-bullying
- not having one trusted person to talk with



45% OF LGBTQ YOUTH SERIOUSLY CONSIDERED ATTEMPTING SUICIDE IN THE PAST YEAR

24/7 National Crisis & Suicide Hotline Dial '988'

SAFE SPACES TO TALK ARE AVAILABLE.

NAMI Metro Baltimore
www.namibaltimore.org

NAMI Baltimore offers free mental health support through peer-led support groups and education classes, and offers empathy and connects people to local resources when you call our HelpLine at (410) 435-2600 or email info@namibaltimore.org.

The Trevor Project
www.thetrevorproject.org

The Trevor Project provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor.

Chase Brexton Center for LGBTQ Health Equity
www.chasebrexton.org

The Center for LGBTQ Health Equity can connect you and your loved ones to affirming, welcoming, and informed solutions to help you manage all of your health care needs.