

Mental Health in the LGBTQ+ Community

Many people who are part of the LGBTQ+ community feel as though they live in a world that is unsafe for them, or is actively working to reject them — making them more prone to issues with their mental health and well-being.

41%

of LGBTQ+ young adults seriously considered attempting suicide.

56%

of LGBTQ+ young adults who wanted mental health care were unable to get it.

Fewer than 40%

of LGBTQ+ young adults found their home to be LGBTQ+ affirming.

Factors that contribute to a decline in mental health:

- Bullying
- Isolation
- Unsafe environment
- Rejection

Common mental health struggles among LGBTQ+ young adults:

- Anxiety
- Depression
- Eating disorders
- PTSD (post-traumatic stress disorder)
- Co-occurring disorders



Support for LGBTQ+ Individuals

Finding a balance between professional and self-care practices is the best way to improve one's mental health and well-being.

- Therapy or counseling
- Medication
- LGBTQ+ youth support groups
- Self-directed planning tools (WRAP)
- Healthy eating
- Staying active
- Exploring new hobbies
- Journaling
- Meditation
- Breathing exercises
- Setting daily goals