

# FACT SHEET: LGBTQ2+ mental health, suicide, and self harm

With research from the House of Commons, Rainbow Community Council, Canadian Mental Health Association, and YouthLine.

## ANTI-LGBTQ2+ ATTITUDES CAUSE DIRECT HARM TO LGBTQ2+ PEOPLE

Minority stress is directly linked to psychological distress and higher rates of chronic illness, mental illness, and suicide.



**Trans people experience extremely high levels of depression and suicide.** More than half of trans people in Ontario have levels of depressive symptoms consistent with clinical depression, while 43% had a history of attempting suicide, including 10% within the past year.

35% of trans people in Ontario seriously considered suicide in the past year and 11% made an attempt.

Gay and lesbian people are three and a half to four times more likely to report having suicidal thoughts during their lifetime than heterosexuals

4% of men who identify as being in a sexual minority report having undergone conversion therapy; **one-third of men who have undergone conversion therapy have attempted suicide.**

90% of LGBTQ2+ respondents in Waterloo Region said that when they were growing up, they heard that LGBTQ2+ people were abnormal.

## HIGHER RISKS FOR YOUTH AND TRANS PEOPLE

In a 2017 survey, **45% of LGBTQ2+ high school students in Waterloo Region reported having low self-esteem.** That number jumped to 70% for trans students

33% of LGBTQ2+ Ontario youth say their mental health needs are not being met (YouthLine, 2019)

LGBTQ youth face approximately 14 times the risk of suicide and substance abuse than heterosexual peers. Trans youth and those who had experienced physical or sexual assault were found to be at greatest risk

long delays in access to gender affirming surgery increase the risk of depression and suicidal ideation among trans people





## LGBTQ2+ MENTAL HEALTH RESOURCES



### In Waterloo Region

If you are in crisis in Waterloo Region, call 24/7 at: 1.844.437.3247 ([here247.ca](http://here247.ca))

For subsidized counselling service check out the OK2BME program at KW Counselling Services: [ok2bme.ca/services/counselling/](http://ok2bme.ca/services/counselling/)

### For Transgender people in crisis

Call the Trans Lifeline at 1.877.330.6366 ([translifeline.org](http://translifeline.org))

### For rainbow youth

Chat live with someone at the LGBT Youthline: [youthline.ca](http://youthline.ca)



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