Celebrating and Supporting 2SLGBTQIA+ Youth Wellness

Take Action FOR MENTAL HEALTH

The 2SLGBTQIA+ community is full of thriving, happy, and supportive people. It should come as no surprise that having loving families, dependable friends, and safe environments are important for our overall well-being. Yet 2SLGBTQIA+ youth face serious challenges, especially when they're not accepted for their sexual orientation and/or gender identity. This can include being rejected by friends, loved ones, and faith communities, as well as bullying, harassment, discrimination, hate speech, and physical violence. Thankfully, there are resources, services, and sources of support that promote mental health and well-being in our community.

Here are some youth wellness stats to feel good about:
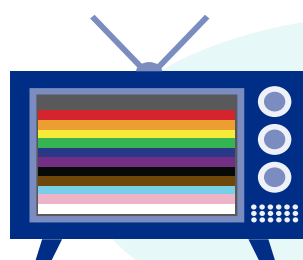
89% of LGBTQ youth reported that seeing **representation on TV and in movies made them feel good** about being LGBTQ[1]

69% of LGBTQ students have active coping styles, including **reaching out for help when they need it**[2]

LGBTQ youth reported **feeling supported** by their parents/caregivers when they were **welcoming** to their LGBTQ friends or partners and had **respectful conversations about their identity**[1]

Transgender and nonbinary (TNB) youth are **60% less likely** to experience moderate or severe depression **when they have access to gender-affirming care**, and are **73% less likely** to **consider suicide**[3]

LGBTQ youth whose **families are more accepting** of their identity are **half as likely** to be **depressed** and **42% less likely** to engage in **substance abuse** **46% less likely** to have **attempted suicide**[4]

You deserve to be happy.

Your 2SLGBTQIA+ community is here for you!

If you're in crisis, connect to a counselor 24/7

Dial 988 for the 988 Suicide & Crisis Lifeline

Call the Trevor Project at 1-866-488-7386 or text START to 678-678

Call Trans Lifeline at 877-565-8860

24/7 help

Sources: 1. https://www.thetrevorproject.org/survey-2022/, **2.** https://www.jahonline.org/article/S1054-139X(17)30149-0/fulltext, **3.** https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2789423, **4.** https://familyproject.sfsu.edu

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