




Connect Suicide Prevention Among the LGBTQIA+ Population

Elaine de Mello (she/her)  
& Jace Troie (he/him)



---

---

---

---

---

---

---

---

Recognition as a Best Practice



NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI NH. © NAMI NH, 2020

---

---

---

---

---

---

---

---

Support, Education, Advocacy



[Crisis Help](#)   [NAMI Helpline](#)   [Donate](#)   [Search](#)

[ABOUT US](#)   [FIND SUPPORT](#)   [GET INVOLVED](#)   [PROGRAMS](#)   [EVENTS](#)   [RESOURCES](#)



**You Are Not Alone.**  
 [Learn about free NAMI NH support groups \(in-person, virtual, and online\)](#)

[www.naminh.org](http://www.naminh.org)  
support groups/resources



NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI NH. © NAMI NH, 2020

---

---

---

---

---

---

---

---



**OVERVIEW**

**Connect**  
The LGBTQ+ Network & Community at  
Simon Fraser University

**LGBT Background:**  
Before We Begin- guidelines  
Genderbread Person  
What the Data Tells Us  
Risk & Protective Factors

**Suicide Prevention:**  
Warning Signs  
Screening, Assessment and Planning

**Strategies For Health Care Environments**  
When Someone Comes Out  
Language Matters  
Being an Ally  
Advocacy and Policies

**Resources**

NAMI BC Connect Program materials are exclusively owned and copyrighted by NAMI BC. © NAMI BC, 2020

---

---

---

---

---

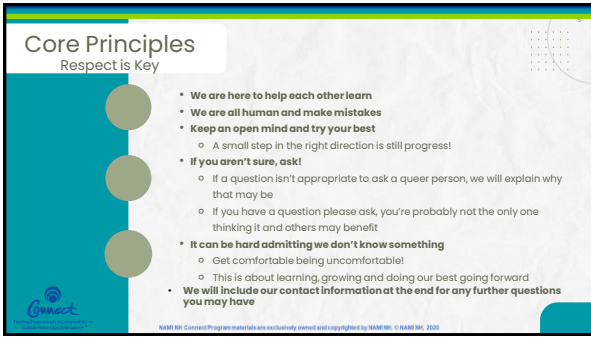
---

---

---

---

---



**Core Principles**  
Respect is Key

**Connect**  
The LGBTQ+ Network & Community at  
Simon Fraser University

- **We are here to help each other learn**
- **We are all human and make mistakes**
- **Keep an open mind and try your best**
  - A small step in the right direction is still progress!
- **if you aren't sure, ask!**
  - If a question isn't appropriate to ask a queer person, we will explain why that may be
  - If you have a question please ask, you're probably not the only one thinking it and others may benefit
- **It can be hard admitting we don't know something**
  - Get comfortable being uncomfortable!
  - This is about learning, growing and doing our best going forward
- **We will include our contact information at the end for any further questions you may have**

NAMI BC Connect Program materials are exclusively owned and copyrighted by NAMI BC. © NAMI BC, 2020

---

---

---

---

---

---

---

---

---

---



**Everyone's Experiences are Unique**

**Connect**  
The LGBTQ+ Network & Community at  
Simon Fraser University

- **We will be sharing professional AND personal perspectives**
  - What works for one person may not work for another
- **Practice compassion**
- **Listen to understand, not to respond**

NAMI BC Connect Program materials are exclusively owned and copyrighted by NAMI BC. © NAMI BC, 2020

---

---

---

---

---

---

---

---

---

---

# The Genderbread Person

by [www.tispronouncedPetrovskaya.com](http://www.tispronouncedPetrovskaya.com)

**Identity**  
Gender Identity  
Woman ← Genderqueer → Man  
Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

**Orientation**  
Gender Expression  
Feminine ← Androgynous → Masculine  
Gender expression is how you demonstrate your gender based on traditional gender roles through the way you act, dress, behave, and interact.

**Sex**  
Biological Sex  
Female ← Intersex → Male  
Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes, milk + eggs, testes, XY chromosomes, etcetera = a combination of the two.

**Sexual Orientation**  
Sexual Orientation  
Heterosexual ← Bisexual → Homosexual  
Sexual orientation is who you are primarily, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

---

---

---

---

---

---

---

---

---

---

**Gender Identity**  
 ♀ → Woman-ness  
 ♂ → Man-ness

**Gender Expression**  
 ♀ → Femininity  
 ♂ → Masculinity

**Anatomical Sex**  
 ♀ → Female-ness  
 ♂ → Male-ness

**Sex Assigned At Birth**  
 Female  Intersex  Male

**Identity ≠ Expression ≠ Sex**  
**Gender ≠ Sexual Orientation**

**Sexually Attracted to...** and/or (a/o)  
 ♀ → Women a/o Feminine a/o Female People  
 ♂ → Men a/o Masculine a/o Male People

**Romantically Attracted to...**  
 ♀ → Women a/o Feminine a/o Female People  
 ♂ → Men a/o Masculine a/o Male People

---

---

---

---

---

---

---

---

---

---

## Keep In Mind

Being in the LGBTQ+ community is not itself a risk factor for suicide or mental health conditions.

Social stigma, unsafe spaces, bullying and discrimination are associated with anxiety, substance use disorders, and suicidal behavior.

**Connect**  
 National Suicide Prevention Lifeline: 1-800-273-8255  
 24/7 Crisis Text Line: Text HOME to 73474

---

---

---

---

---

---

---

---

---

---

### Mental Health & LGBTQ+ Youth

58% of LGBTQ+ youth reported experiencing symptoms of depression

73% of LGBTQ+ youth reported experiencing symptoms of anxiety

Connect  
The National Health Care Community  
of the National Health Care Community

NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI/NH. © NAMI NH, 2020

The Good People 2020

---

---

---

---

---

---

---

---

### Mental Health & LGBTQ+ Youth

- 45% of LGBTQ+ youth considered suicide in the past year
  - including more than half of transgender and nonbinary youth and 1 in 3 cisgender youth
- 14% of LGBTQ+ youth attempted suicide in the past year
  - including nearly 1 in 5 transgender and nonbinary youth and 1 in 10 cisgender youth.

Connect  
The National Health Care Community  
of the National Health Care Community

NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI/NH. © NAMI NH, 2020

The Good People 2020

---

---

---

---

---

---

---

---

### Mental Health & LGBTQ+ Adults

- About one third of bisexual females, bisexual males, and gay males had a substance use disorder (SUD) in the past year. About one fourth of lesbian females had an SUD in the past year.
- Two-thirds of LGBTQ+ people (67%) reported needing a mental health service over the past two years, a considerably higher share than for non-LGBT+ people (39%).
- Yet, only about half of LGBTQ+ people with a reported need sought and received mental health services (similar to data among non-LGBT+ people).

Connect  
The National Health Care Community  
of the National Health Care Community

NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI/NH. © NAMI NH, 2020

© 2020

---

---

---

---

---

---

---

---

## Access to Care & LGBTQ+

- Two-thirds of LGBTQ+ people (67%) reported needing a mental health service over the past two years, a considerably higher share than for non-LGBTQ+ people (39%).
- Yet, only about half of LGBTQ+ people with a reported need sought and received mental health services (similar to data among non-LGBTQ+ people).
- 52% of LGBTQ+ Youth in NH who wanted mental health care in the past year were not able to get it



NH NH Connect Program is a project of the NH State Department of Health and Human Services. © NH NH, 2020

47/52

---

---

---

---

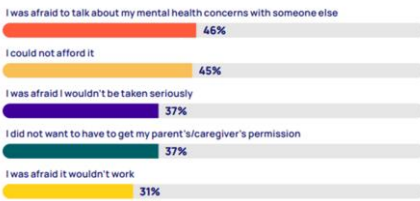
---

---

---

---

## LGBTQ youth who wanted mental health care but were unable to get it cited the following top five reasons:



Source: Page 20

---

---

---

---

---

---

---

---

## NSSI & LGBTQ+

- NSSI appears to be more common among people who report nonheterosexual orientations (for example, homosexual, bisexual, and questioning),<sup>28,22</sup> and among Caucasians than non-Caucasians.<sup>14</sup>
- Assessing for self injury and attempts (current and past) can be a key component of a physical exam.



NH NH Connect Program is a project of the NH State Department of Health and Human Services. © NH NH, 2020

48/52

---

---

---

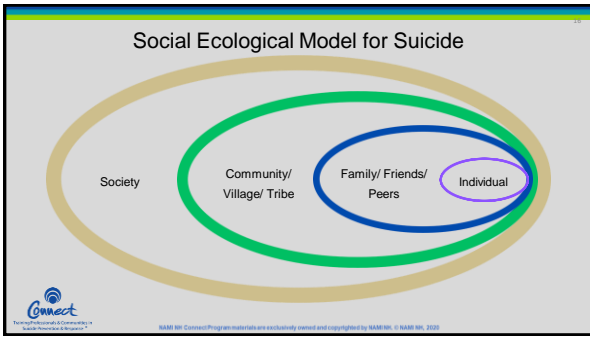
---

---

---

---

---




---

---

---

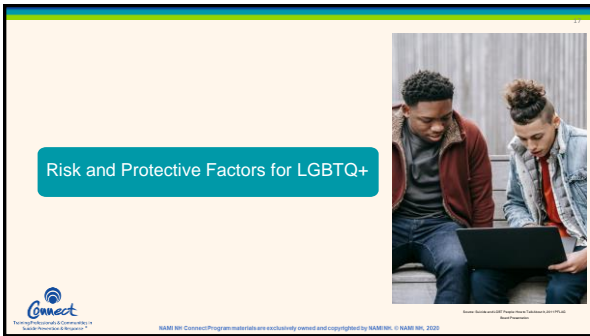
---

---

---

---

---




---

---

---

---

---

---

---

---

### Risk and Protective Factors

**Risk:**

- Social stigma compounded by shame
- Family Rejection
- Sexual/ physical abuse and violence
- Isolation from social supports
- Self-destructive behavior/ greater risk for suicide attempts
- Greater risk SUD's

**Protective:**

- Family acceptance/ Understanding
- Connectedness to family and community
- Positive peer relationships/ role models
- High self-esteem

The diagram shows the inner two levels of the Social Ecological Model: Family/Friends/Peers (blue oval) and Individual (purple oval). These two levels are highlighted with a white double-line border, indicating the focus of the text on the left.

**Connect**  
University of Nevada, Reno  
School of Public Health & Community Medicine

NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI NH. © NAMI NH, 2020.

---

---

---

---

---

---

---

---

### Risk and Protective Factors

**Risk:**

- Dismissive providers and adults
- Victimization/ hate crimes
- Unstable housing/ unsafe schools and workplaces
- Lack of access to role models
- Prejudice and/ or discrimination
- Lack of access to medical services

**Protective:**

- Culturally appropriate providers
- Safe and inclusive schools/ workplaces/ housing
- Programs and services that supports LGBTQIA+ individuals health and well-being
- LGBTQIA+ Communities
- Policies embracing equality
- Inclusive language on agency forms

Connect: Transgender & Gender Diverse Community Health Promotion & Research

NAMH BH Connect Program materials are exclusively owned and copyrighted by NAMH. © NAMH BH, 2020

---

---

---

---

---

---

---

---

---

---

“

Recent political attacks aimed at transgender and nonbinary youth have not only threatened their access to health care, support systems, and affirming spaces at school, they've also negatively impacted their mental health.

Dr. Jonah DeChants (he/him)  
Research Scientist, The Trevor Project

”

Connect: Transgender & Gender Diverse Community Health Promotion & Research

NAMH BH Connect Program materials are exclusively owned and copyrighted by NAMH. © NAMH BH, 2020

The Trevor Project, 2020

---

---

---

---

---

---

---

---

---

---

### Warning Signs

- Difficulties at school, work
- Neglect of appearance, hygiene
- Dropping out of activities
- Sudden improvement in mood after being down or withdrawn
- Giving away favorite possessions
- Talking about being a burden or about death

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide

Connect: Transgender & Gender Diverse Community Health Promotion & Research

NAMH BH Connect Program materials are exclusively owned and copyrighted by NAMH. © NAMH BH, 2020

---

---

---

---

---

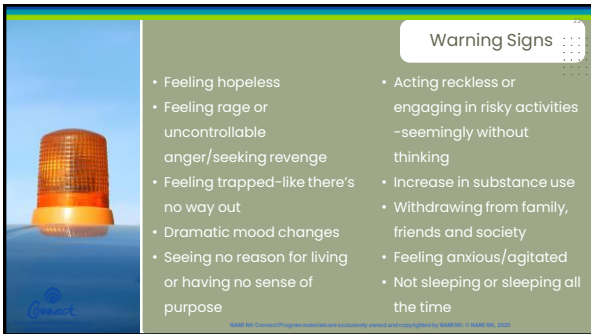
---

---

---

---

---



### Warning Signs

- Feeling hopeless
- Feeling rage or uncontrollable anger/seeking revenge
- Feeling trapped-like there's no way out
- Dramatic mood changes
- Seeing no reason for living or having no sense of purpose
- Acting reckless or engaging in risky activities -seemingly without thinking
- Increase in substance use
- Withdrawing from family, friends and society
- Feeling anxious/agitated
- Not sleeping or sleeping all the time

NAMI MI Connect Program materials are exclusively owned and copyrighted by NAMI MI. © NAMI MI, 2020

---

---

---

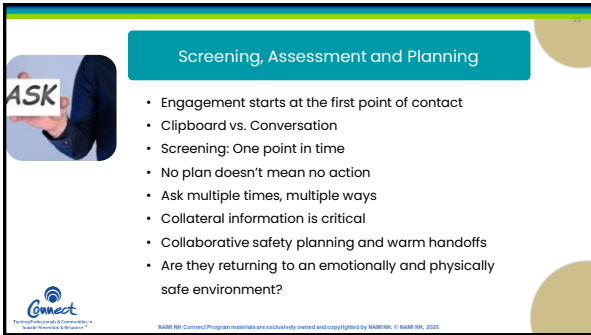
---

---

---

---

---



### Screening, Assessment and Planning

- Engagement starts at the first point of contact
- Clipboard vs. Conversation
- Screening: One point in time
- No plan doesn't mean no action
- Ask multiple times, multiple ways
- Collateral information is critical
- Collaborative safety planning and warm handoffs
- Are they returning to an emotionally and physically safe environment?

NAMI MI Connect Program materials are exclusively owned and copyrighted by NAMI MI. © NAMI MI, 2020

---

---

---

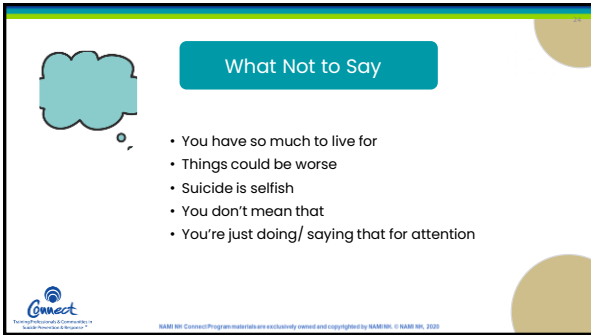
---

---

---

---

---



### What Not to Say

- You have so much to live for
- Things could be worse
- Suicide is selfish
- You don't mean that
- You're just doing/ saying that for attention

NAMI MI Connect Program materials are exclusively owned and copyrighted by NAMI MI. © NAMI MI, 2020

---

---

---

---

---

---

---

---



Strategies

Connect  
University of Nevada, Reno  
College of Public Health & Community Medicine

NAMI BH Connect Program materials are exclusively owned and copyrighted by NAMI BH. © NAMI BH, 2020

---

---

---

---

---

---

---

---

When Someone Comes Out to You (Let's You In)

COMING OUT

- Listen!
- Show interest and care
- Keep any disclosed information confidential
- Respect requests
- Have a conversation about sexual health (if age appropriate)

Connect  
University of Nevada, Reno  
College of Public Health & Community Medicine

NAMI BH Connect Program materials are exclusively owned and copyrighted by NAMI BH. © NAMI BH, 2020

---

---

---

---


---

---

---


---

Coming Out- Safety



**Respect:**

Just because someone is comfortable coming out to you, doesn't mean they are ready to come out to everyone.



**Confidentiality:**

"Outing" youth has the potential of putting them in dangerous situations. Ask who knows already!

If they share the use of new pronouns with you, check when, where and who they are comfortable with you using these pronouns.

Connect  
University of Nevada, Reno  
College of Public Health & Community Medicine

NAMI BH Connect Program materials are exclusively owned and copyrighted by NAMI BH. © NAMI BH, 2020

---

---

---

---

---


---

---


---

### Language Matters

- "What are your pronouns?"
- They/ Them/ Their
- Neo- Pronouns
- Inclusive language: "folks, all, partner, spouse, etc."

**Words to AVOID** 

- Lifestyle
- Homosexual
- Sexual preference
- Transgendered, Transsexual, Transvestite



NAMH BH Connect Program materials are exclusively owned and copyrighted by NAMH BH. © NAMH BH, 2020

---

---

---

---

---

---



---

---

### Be an Ally

An Ally supports equal rights for everyone and works to improve the experience of people in the LGBTQ+ community. Allies can have any sexual orientation or gender identity.

How can medical providers be allies?

NAMH BH Connect Program materials are exclusively owned and copyrighted by NAMH BH. © NAMH BH, 2020

---

---

---

---

---



---

---

---

### Ally is a Verb

- Be careful not to make assumptions about gender or identity
- Express support
- Confront derogatory statements
- Advocate for equal treatment and policies that protect

NAMH BH Connect Program materials are exclusively owned and copyrighted by NAMH BH. © NAMH BH, 2020

---

---

---

---

---



---

---

---

### Visible Support

- Youth and Young Adults who could identify with ONE adult who supported the LGBTQ+ community felt safer at school.
- LGBTQ+ stickers/signs in a visible place in office/door,.
- Supportive environments positively impact mental wellness. (schools, home, workplace, organizations, doctors' office)

SAFE MI Connect Program materials are exclusively owned and copyrighted by SAFE MI. © SAFE MI, 2020

---

---

---

---

---

---

---



---

---

---

### Names & Pronouns

LGBTQ+ youth who are able to use their chosen name and pronouns in multiple contexts report feeling less depressed and exhibit less suicidal behavior and ideation.

SAFE MI Connect Program materials are exclusively owned and copyrighted by SAFE MI. © SAFE MI, 2020

---

---

---

---

---

---

---



---

---

---

### Advocacy & Policies

- Is your website and physical space safe and welcoming?
- Are your medical forms, questionnaires, etc. inclusive?
- Are providers and referral sources qualified and non-biased?
- What about employees? Are the benefits non-biased (i.e. "maternity leave")

SAFE MI Connect Program materials are exclusively owned and copyrighted by SAFE MI. © SAFE MI, 2020

---

---

---

---

---

---

---

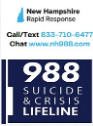
---

---

---

## 24/7 Crisis Lines

- 988: Suicide & Crisis Lifeline **PRESS "3" for LGBTQ**
- NH Rapid Response Access Point can send a member from a community mental health center to meet you.
- When people call, text, or chat 988, they will be connected to trained counselors that will provide support and connect them to resources.  
\*Calls to 988 will be routed to the state associated with the caller's area code.



NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI/NH. © NAMI NH, 2020

---

---

---

---

---

---

---

---

## LGBTQ Resources

- Gender Diverse Care Coalition New Hampshire: <https://genderdiversecoalitionnh.com/>
- Seacoast Outright (NH) <https://www.seacoastoutright.org>
- The Trevor Project (Suicide Hotline): (866) 488-7386
- Gay, Lesbian & Straight Education Network (GLSEN): (212) 727-0135 [www.glsen.org](http://www.glsen.org)
- Gay and Lesbian Alliance Against Defamation (GLAAD): (323) 933-2240 [www.glaad.org](http://www.glaad.org)
- Gay-Straight Alliance (GSA) Network: (415) 552-4229 [www.gsanetwork.org](http://www.gsanetwork.org)
- National Center for Transgender Equality: (202) 903-0112 <https://transequality.org/>
- Gay & Lesbian National Hotline: (888) 843-4564
- TransLifeline: (877) 565-8860 [www.translifeline.org](http://www.translifeline.org)



NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI/NH. © NAMI NH, 2020

---

---

---

---

---

---

---

---

## Suicide Prevention Resources

- The Connect Program: [www.theconnectprogram.org](http://www.theconnectprogram.org)
- NAMI NH: [www.naminh.org](http://www.naminh.org)
- Action Alliance for Suicide Prevention: [www.actionallianceforsuicideprevention.org](http://www.actionallianceforsuicideprevention.org)
- American Association of Suicidology (AAS): [www.suicidology.org](http://www.suicidology.org)
- American Foundation for Suicide Prevention (AFSP): [www.afsp.org](http://www.afsp.org)
- Suicide Prevention Resource Center (SPRC): [www.sprc.org](http://www.sprc.org)



NAMI NH Connect Program materials are exclusively owned and copyrighted by NAMI/NH. © NAMI NH, 2020

---

---

---

---

---

---

---

---

## ***YOU ARE NOT ALONE!***

### **Our contact information:**

Jace Troie: [jtroie@naminh.org](mailto:jtroie@naminh.org)

Elaine de Mello: [elained@naminh.org](mailto:elained@naminh.org)

37

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---