



Mental Health Risk Factors among GLBT Youth

National Alliance on Mental Illness

Adolescence is a time of change. Exploring attractions or who you like can take more time than usual.

The effects of trauma, anxiety, substance use, and depression among youth ages 14-21 were significant.

An even more serious concern is the high rate of suicide among GLBT youth that is higher than among other youth.

When thinking about coming out, youth are more likely to have negative reactions or actual family rejection than stigmatized individuals.

Coming Out and Family Relationships

Deciding if and when to come out is a complex process. In particular, negative reactions from family can impact their family relationships.

A recent study found that coming out is a stressful event, and other research highlights how it can be.

The issue of family rejection for youth, as families may mean not only racial or ethnic differences when deciding if and when to come out.

Victimization by Peers

The link between peer victimization and mental health issues such as depression, anxiety, and substance use is well-documented.

Study after study has shown that youth who experience peer victimization are at a higher risk for mental health problems. Network, research, and support for GLBT students is essential.

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www.nami.org • June 2007

These numbers are similar to those reported in a 2007 survey in which 25% reported missing school due to fear of harassment.

Such fear and harassment can have serious mental health consequences for GLBT youth. In a study of extreme experiences that led to mental health consequences, GLBT youth reported verbal abuse report pool including depression and suicidal thoughts, even with no history of verbal abuse.

Mental Health Treatment and GLBT Youth

Mental health professionals need to be aware of the role that such family members can play in the creation of mental health issues, even suicidality.¹

Additional suggestions for treatment include:

- Creating a supportive environment
- Emphasizing that stigma is not others' negative reactions
- Building coping skills
- Helping to identify other resources

Suggested Resources for GLBT Youth

GLSEN

Gay, Lesbian and Straight Education Network
www.glsen.org

NYAC

National Youth Advocacy Coalition
www.nyac.org

Rainbow Youth Hotline

1-877-LGBT-YTH (1-877-578-7988)

Trevor Suicide Prevention

1-800-850-8078

YouthResource

GLBTQ youth advocacy www.youthresource.com

Youth Talkline

(for ages 23 and under)

1-800-96YOUTH

Open: Monday-Saturday,

Tuesday, 7 p.m. - 12 a.m.

Cited Works

1. Hart, T.A. Members, among treatment-seeking *Journal of Clinical Psychology*. Mental health problems among ages 14 to 21. *Clinical Child Psychology and Psychiatry*, 456.3. Russell, G.T. (2007). Risk. *American Psychiatric Association Adolescent*, 40-62 minority lesbian and gay issues. *Journal of Consulting and Clinical Psychology*, 75.1. 6. Ryan, D. (2007). Youth. In D'Augelli & Gross (Eds.), *Identities and Youth: Gay, Lesbian, and Transgender Youth*. New York: Oxford University Press, 7. www.nimh.nih.gov/health/information/traumatizationmenu.cfm Accessed March 2007. 8. *From Teasing to Torment: A Study of Students and Teachers*. N. G. P. et al. (2006). The association between sexual orientation and mental health. *Pediatrics*, 118. 95-102. 10. *Pride & Prejudice: Working with Youth*, 11-27. Toronto: Centre for Addiction and Mental Health.

Definitions

Gender identity refers to a person's internal, deeply-felt sense of being either male, something other, or in between. Everyone has a gender identity.

Gender expression refers to an individual's characteristics and behaviors such as appearance, dress, mannerisms, speech patterns, and social interactions that are perceived as masculine or feminine.

Transgender is an umbrella term that can be used to describe people whose gender expression is non-conforming and/or whose gender identity is different from their birth assigned gender.

Transsexual is a term most commonly used to refer to someone who transitions from one gender to another. It includes students who were identified as male at birth but whose gender identity is female, students who were identified as female at birth but whose gender identity is male, and students whose gender identity is neither male nor female. Transition often consists of a change in style of dress, selection of a new name, and a request that people use the correct pronoun when describing them. Transition may, but does not always, include necessary medical care like hormone therapy, counseling, and/or surgery.

Gender non-conforming refers to a person who is or is perceived to have gender characteristics and/or behaviors that do not conform to traditional or societal expectations. Gender non-conforming people may or may not identify as lesbian, gay, bisexual, transgender, or queer.

Genderqueer refers to people who do not identify as, or who do not express themselves as, completely male or female. Genderqueer people may or may not identify as transgender.

Sexual orientation refers to a person's emotional and sexual attraction to other people of the gender of the other person. A person may identify their sexual orientation as heterosexual, gay, bisexual, or queer. It is important to understand that sexual orientation and gender identity are two different things. Not all transgender youth identify as gay, lesbian, bisexual, or queer. All gay, lesbian, bisexual, and queer youth display gender non-conforming characteristics.

LGBTQ is an umbrella term that stands for "lesbian, gay, bisexual, transgender, and questioning." The category "questioning" is included to incorporate those that are not yet certain of their sexual orientation and/or gender identity.

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Transgender Youth California

Ark House

2500 Market Street, San Francisco
415.861.5382
Runs a LGBT transitional housing program for
Adults

Bienestar

323.752.3100 South Los Angeles
323.727.7896 East Los Angeles
323.727.7897 La Casa LGBT Center
TU offers a youth referral program for
Transgender youth. Clients are provided with
and medical programs that include mental health
services, hormonal therapy

Billy DeFrank LGBT Community

938 The Alameda
San Jose, CA 95126
408.293.2429
www.defrank.org
Runs a support group for transgender youth

Dimensions Queer Youth

3850 17th Street
San Francisco, CA 94114
415.487.7589
Provides free primary health care and
transgender health services on
Thursday evenings.

Gender Alliance

930 North Van Ness
Fresno, CA 93728
559.486.2216
Central Valley support group

Hillcrest Youth Center

3777 4th Street
San Diego, CA 92103
619.497.2920 x113
www.youthcentersd.com
Trans youth group (EAGER)

Jeff Griffith Youth Center

7051 Santa Monica Boulevard
Los Angeles, CA 90038
323.461.8163
www.laglc.org
Has Brandon's Corner, an after-school program
Fri., 6-7:30pm.

LYRIC

127 Collingwood Street
San Francisco, CA 94114
415.703.6150
www.lyric.org
LGBTQ youth center with group therapy,
youth and a peer hotline for



Support

The American Boyz

212A S. Bridge Street #131

Elkton, MD 21921

www.amboyz.org

Online support for transmen, resource listings. Coordinators of the annual T conference in Washington, DC.

FTM International

160 14th Street

San Francisco, CA 94103

415.553.5987

www.ftmi.org

International organization providing support services to FTMs. Publishes a resource directory of members.

International Foundation for Gender Education

P.O. Box 540229

Waltham, MA 02454-0229

781.899.2212

www.ifge.org

Clearinghouse for transgender books and resources. Publishes Transgender Tapestry.

Intersex Society of North America (ISNA)

www.isna.org

International organization providing support and medical information to intersex people and professionals.

National Coalition for LGBT Health

www.lgbthealth.net

Information and advocacy around the health and well-being of LGBT people. Website includes a directory of health clinics.

PFLAG Transgender Network

1726 M Street, NW, Suite 400

Washington, DC 20036

202.467.8180

www.youth-guard.org/pflag-tnet/index.html

Support for parents, friends and family of transgender people. Resources for transgender people.

Survivor Project

P.O. Box 40664

Portland, OR 97240

503.288.3191

www.survivorproject.org

Support for intersex and transgender people experiencing domestic and sexual violence.

Trans-Health

www.trans-health.com

A health and fitness magazine for transgender people.

Transsexual Women's Resources

www.annelawrence.com

Complete transition resource for transgender women. Includes youth-specific resources.

National Gay
1325 Massac
Washington,
202.393.517
www.thetask
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P.O. Box 760
Washington,
www.ntac.org
National poli
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130 West 42
New York, N
212.819.977
www.siecus.c
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and Gay Rig
125 Broad St
New York, N
www.aclu.org
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1663 Missior
San Francisco
415.621.249
www.aclunc.c
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Books:

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Halberstam, Judith
Durham: Duke Un

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GUIDE FOR QUEE
Minneapolis: Free

Mallon, Gerald P. (I
TRANSGENDERED
Press.

Nestle, Joan et al.
FROM BEYOND T
Alyson Press.

Schacht, Steven P.
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WORLD OF FEMA
Haworth Press.

Singer, Bennett L,
GROWING UP LE
New York: New Pr

Sonnie, Amy, ed. (I
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Los Angeles: Alys

Taste This (1998).
Vancouver: Press C

Golden Rule Service

Support group
American men over
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and STD testing.
4433 Florin Road,
95823
Phone (916) 427-
Fax (916) 427-465
Email: csullivan@
goldenrules.info

Planned Parenthood

Sexual health services
transgender services
therapy, for those
Fruitridge – 5385
616.452.7305
B Street – 201 29
916.446.6921
www.ppmarmon

Sacramento Gay and

Community center
special events, lectures
1927 L Street
Sacramento CA 9
916.442.0185
saccenter.org

PFLAG (Parents, Families
and Friends of Lesbians
and Gays)

Support groups for
Chapters are local
PFLAG Sacramento
P.O. Box 661855
Sacramento, CA 9
Phone: (916) 978
Monthly meeting
3rd Tuesdays at 5
Church, 2391 St I
second floor of the
1st Wednesdays
Church, 8986 Elk
Grove CA
contact@pflagsa

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Institute Report. (1991). Washington, DC.
9. Massachusetts Department of Education Survey,
1997

(510) 570-0470
contact@pflagsacramento.org
www.pflagsacramento.org

more than 10% of patients, and
nearly 10% dealt with threatened or actual
violence. (12)

PFLAG

HOMELESSNESS

Approximately 40% of homeless youth are identified as gay, lesbian or bisexual. (3)

for gay and lesbian youth because schools are neither safe, healthy nor productive places for them to learn. (1)

intervene effectively and many fear reprisals without the explicit support and backing of their administration. (5)

In Michigan, 28% of school personnel surveyed determined their school environment to be emotionally unsafe for gay and lesbian youth. (17)

Over 50% of national youth organizations

VERBAL & PHYSICAL ASSAULTS

Teenage students (gay AND straight) say the worst harassment in school is being called 'gay'. (11)