The Youth and Family Project

October 2023 | Vol. 1

PRIDE & PERSIST

Welcome!

We're excited to launch the Youth and Family Project's Pride & Persist Newsletter! Each edition will cover a different topic related to the LGBTQ+ community and mental health. Be sure to keep an eye out for resources or upcoming events within each newsletter, too!

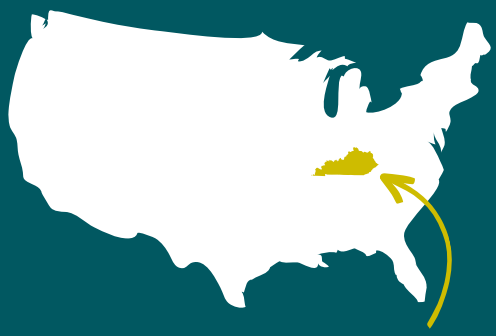
Why These Topics?

The LGBTQ+ community is one of the most at-risk groups for experiencing mental health conditions, such as depression, anxiety, and suicidal ideation. In this edition, we'll look at some data about these topics.

Upcoming Events

Oct. 12:
LGBTQ+ Support Groups @ Regner Park, West Bend from 5-6:30 PM

Oct. 27:
YFP Fundraiser @ Youth and Family Project, West Bend
Tours at 7:30, 7:45, 8:00 PM



4.5% OF AMERICANS (ABOUT 5.8 MILLION PEOPLE) IDENTIFY AS GAY, LESBIAN, OR BISEXUAL

THAT'S MORE PEOPLE THAN THE POPULATION OF KENTUCKY!

IN A LIST OF THE TOP 10 REASONS WHY YOUTH DID NOT RECEIVE MENTAL HEALTH CARE, THE TOP REASON WAS A FEAR OF DISCUSSING MENTAL HEALTH CONCERNS

FOR THE REMAINING TOP 10, CHECK OUT THE TREVOR PROJECT'S WEBSITE!

Influences of Mental Health in LGBTQ+ Youth

There are a lot of different factors that can influence a person's mental health. According to Emma Woodward, PhD, a clinical psychologist at the Child Mind Institute, members of the LGBTQ+ community often feel fear, pressure, rejection, or self-doubt. These feelings often stem from concealing their identity, being harassed or discriminated against, or experiencing rejection or bullying from family or peers.

There may also be other stressors or traumatic events that occur in their life, like:

- Bullying
- Social exclusion
- A lack of support from family, teachers, or school administration
- Difficulty accessing mental health care
- Threats of conversion therapy
- Being called something other than their chosen name or being misgendered

Anxiety

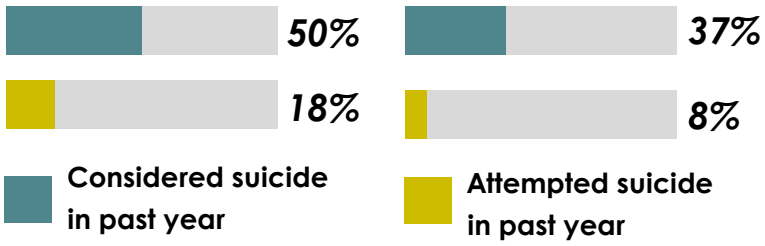
One study showed that in 2022, 73% of all LGBTQ+ youth had symptoms of anxiety. When broken down by age, rates of anxiety symptoms were similar across the board.

Depression

Depression is also commonly reported by LGBTQ+ youth, with 58% reporting symptoms when asked via survey. Although it is slightly more common in youth ages 13-17, it's a frequent problem among all LGBTQ+ youth and young adults.

Suicide Risk

Research by the Trevor Project found that within the past year, about 45% of LGBTQ+ youth have seriously thought about taking their own life. The number is even higher for youth that identify as nonbinary or transgender and youth of color.



Mental Health Care

The same study by the Trevor Project found that in 2022, 82% of youth in the LGBTQ+ community wanted mental health care. Unfortunately, only 60% of youth that wanted care actually received it. We'll look at this more in the next newsletter.

Resources

The Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health

Mental Health Challenges of LGBTQ+ Kids

LGBTQ+ Communities and Mental Health

NOTE: Links are clickable!