WHERE TO GET HELP

- Take the risk factors and signals seriously. If you think someone is considering suicide, ASK HIM OR HER “Are you suicidal?” or “Do you want to kill yourself?” If the answer is “yes,” GET HELP.
- Show interest in the person and be supportive of him or her.
- Offer hope that there are alternatives to suicide.
- Take action. Remove methods the person might use to kill him or herself.
- Seek help from his or her family, friend, physician, clergy, etc.
- IMMEDIATELY contact a person or organization that specializes in crisis intervention or suicide prevention for help. (See the back of this brochure).

WHAT TO AVOID

- Avoid acting shocked or lecturing the person on the value of life.
- Avoid taunting or daring him or her to “do it.”
- Avoid judging. Allow him or her to express his or her thoughts or feelings.
- Avoid debates over whether suicide is right or wrong.
- Avoid offering easy reassurance—it may make the person feel as if you really don’t understand or care about him or her.
- Don’t keep yours or another person’s suicidal thoughts a secret. GET HELP.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

If you or someone you know is thinking about suicide, call 1-800-273-TALK (8255).
The National Suicide Prevention Lifeline will automatically connect you with a certified local crisis center 24 hours a day, 7 days a week.

Get the TSPN App:
Available on Apple and Android

Suicide Prevention TEXT LINE
www.crisistextline.org

Text “TN” to 741 741

615-297-1077 • www.tspn.org

Department of Mental Health & Substance Abuse Services
www.tennessee.gov/behavioral-health
1-865-CRISIS-1 or 1-855-274-7471

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THE FACTS

Recent high-profile suicides among LGBTQI+ (lesbian, gay, bisexual, transgender, questioning, and intersexed) youth are drawing attention to what we have known for years: that growing up gay can be a cold and frightening experience. But it shouldn’t have to be a fatal one.

Precise numbers on the connection between sexual orientation and suicide vary, but the Centers for Disease Control and Prevention estimate that LGBTQI+ youth were four times more likely to attempt suicide than their heterosexual peers. The risk is especially high for transgendered persons. The National Center for Transgender Equity reports that 40% of transgendered persons attempt suicide during their lifetime, nearly nine times the frequency within the U.S. general population.*

Suicide is also a threat to LGBTQI+ adults affected by family rejection, social isolation, harassment, hate crimes, and job discrimination.

While the number of LGBTQI+ resources has increased in recent years, many mental health providers and physicians do not have accurate information about LGBTQI+ suicide risk. Consequently, their response to troubled and/or suicidal youth may be ineffective, cause further psychological damage, and/or discourage further disclosure attempts.

In regards to schools, the 2017 National School Climate Survey issued by the Gay, Lesbian, and Straight Education Network (GLSEN) found that most LGBTQI+ high-school students are verbally or electronically harassed because of sexual identity or gender expression, and at least 1 in 10 reported being physically assaulted during the past year.**

Students affected by anti-gay harassment are more likely to skip or drop out of school, underachieve academically, and experience depression or low self-esteem. These effects can be mitigated by gay-straight alliances at school, curricula that include positive references to LGBTQI+ people or history, supportive teachers or staff, and school policy that addresses anti-gay harassment and bullying. However, these resources are all too often not in place.

RISK FACTORS

Generally speaking, the suicide risk factors and warning signs for LGBTQI+ persons are the same for other people, with a few additional risk factors. Following are some common causes of suicidal thoughts or behavior in LGBTQI+ youth and adults:

**HARASSMENT** is a major suicide risk factor for LGBTQI+ persons. The 2017 National School Climate Survey found that nearly 7 out of 10 LGBTQI+ students experienced harassment at school in the past year and nearly half felt unsafe because of their sexual orientation. People in rural communities or those with lower adult educational attainment typically experience hostile, even dangerous environments.

**COMING OUT**— disclosing oneself as non-heterosexual to family, friends, and others—can be a critical and even dangerous time. Research indicates that the first year after disclosure of sexual orientation to one’s parents is a prime period for suicide attempts. An early, forced, mistimed, or forestalled coming-out process puts such an individual at increased risk. Also, a 2009 study by San Francisco State University found that LGBTQI+ teens who were rejected by their families were more than eight times the risk for a suicide attempt.***

**SUBSTANCE ABUSE**, which may involve prescription drugs as well as alcohol or controlled substances, is a major risk factor for suicide. The interplay between the substances involved, the brain’s own chemistry, and personal problems can be overwhelming. When substance abuse is combined with depression and/or suicidal tendencies, both the depression and the addiction need to be treated—one affects the other.

SIGNALS

There are some behaviors that signal possible suicidal thoughts and attempts. Knowing these signals and taking action may help you save someone’s life. A person might be suicidal if they:

• Have sadness or depression that will not go away.
• Become withdrawn or isolate themselves from family and friends.
• Give away prized possessions.
• Increase their use of alcohol or drugs.
• Acquire a firearm.
• Lose weight or have a decrease in appetite.
• Change their sleeping pattern.
• Engage in reckless and risk-taking behavior.
• Talk about or threaten suicide. (If this happens, TAKE IMMEDIATE ACTION).

**REMINDER**

Any one of these signals alone doesn’t necessarily indicate a person is suicidal. However, several signals may be cause for concern. Signals are especially important if the person has attempted suicide in the past. Listen. Be a friend. Get professional help. Your actions may save a life!

