

AFSP'S LGBTQ+ SUICIDE PREVENTION INITIATIVES

By: Sean Connolly



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AFSP Mission



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Mission

- **Save lives and bring hope to those affected by suicide**
 - Research
 - Education
 - Advocacy



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Suicide Risk



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Research & Suicide Prevention: Top 10 Findings

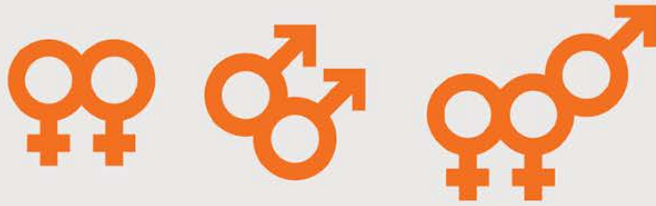
- Suicide relates to brain functions
- Limiting access to lethal means reduces suicide risk.
- 90% of people who die by suicide have a potentially treatable-mental health condition.
- Depression, bipolar disorder, and substance use are strongly linked to suicidal ideation
- Specific treatments have been proven effective
- No single reason
- Talking about it is not risky
- Medication can help
- Active suicidal crisis is an intense and short experience .
- Most people who survive a suicide attempt go on to engage in life.

LGBTQ+ Suicide Risk



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Higher Rates for Suicide Attempts in LGBT Populations



3 to 4 X

**higher for LGB youth
and adults**



8 to 10 X

**higher for transgender
adults**

How has suicidal ideation and behavior among LGBTQ+ persons been studied?

- Studies that recruit LGB(TQ+) individuals
- National Surveys (Youth Risk Behavior Survey)
- Dr Brian Mustanski Research



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YRBS has two questions:

Q1: Which of the following best describes you?*

- Heterosexual (straight) 88.8%
- Gay or Lesbian 2.0%
- Bisexual 6.0%
- Not sure 3.2%

* Q1 is asked in 25 states & 19 urban schools



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YRBS has two questions:

Q2: During your life, with whom have you had sexual contact?*

- I have never had sexual contact
- Females
- Males
- Females and males

* Q2 is not asked in Arizona and North Dakota



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Sexual Behaviors

Q2: During your life, with whom have you had sexual contact? A: Contact with:

- Opposite sex 48.0%
- Same sex only 1.7%
- Both sexes 4.6%
- None 45.7%

What we have learned so far?

There is a higher rate of ***seriously considering suicide***

42.8% LGB vs. 14.8% Het vs. 31.9% not sure

There is a higher rate of ***having a suicide plan***

38.2% LGB vs. 11.9% Het vs. 27.9% not sure

There is a higher rate of ***suicide attempts***

29.4% LGB vs. 6.4% Het vs. 13.7% not sure



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Understanding Suicide Attempts in LGBT Teens

- Dr Brian Mustanski, AFSP Young Investigator Grant
- Lifetime suicide attempt rate 30% higher
- 14% reported symptoms consistent with major depressive disorder
- 25% report no support from family
- A past attempt was the single best indicator for a future attempt



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Potential Contributing Factors

- Depression and other mental health conditions
 - Felt depressed: 60% LGB vs. 26.4% Het
- Minority Stress
- Rejection, especially from family
- Trauma and victim of aggression



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What do we know about
suicide among LGBTQ+
persons?

Not Much



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Resources for LGBTQ+



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Strategies to help

Trevor project

Trans LifeLine

GLSEN & Other Allied Groups

Attachment based family therapy



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Since 2013 AFSP requires
every grantee to assess
SOGI



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TALKING ABOUT SUICIDE & LGBT POPULATIONS

2ND EDITION



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Talking About Suicide & LGBT Populations Guide

First Edition (2011)

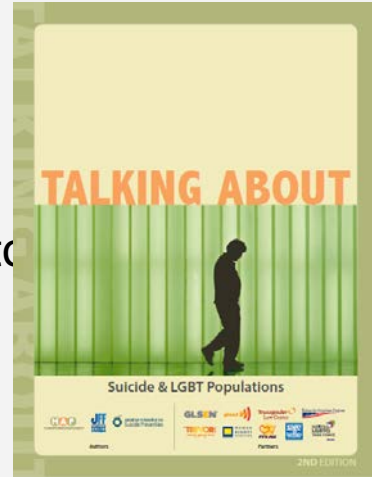
- Developed by AFSP, Johnson Family Foundation (JFF), the Movement Advancement Project (MAP) and a coalition of LGBT and allied organizations.
- First-of-its-kind messaging guide for organizations and individuals.
- 40,000 copies have been printed and distributed



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Second Edition (2017)

- Emphasizes the importance of expanding the conversation to include protective factors, such as resilience and family acceptance
- Solid support networks and healthy self-care practices can buffer the triggering effects of anti-LGBT prejudice and discrimination



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Catalyst for Safe & Productive Conversations

- Guide provides ways to talk about suicide safely and accurately—and in ways that advance vital public discussions about preventing suicide among LGBT people and supporting their health and well-being.



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AFSP LGBTQ+ Programs & Resources



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Stronger Communities: LGBTQ+ Suicide Prevention

March 10, 2018

7:30 a.m. – 5 p.m.

This conference is focused on making LGBTQ+ mental health and suicide prevention education a community priority. The goal of the conference is to raise awareness about LGBTQ+ suicide risk, bring research findings to the attention of professionals and the public, and explore strategies for LGBTQ+ suicide prevention.

Presenters

John R. Bloomich, Ph.D., MPH, Research health scientist with the Center for Health Equity Research and Promotion, U.S. Department of Veterans Affairs VA Pittsburgh Healthcare System

Jody L. Herman Ph.D., Scholar of Public Policy, Williams Institute, UCLA School of Law

Stephen Russell, Ph.D., Priscilla Pond Flawn Regents Professor in Child Development, University of Texas at Austin

Program Details

Location:
University of Arkansas at Little Rock
Donaghey Student Center
2801 S. University Ave.
Little Rock, AR 72204

Cost:
\$100 General Admission
\$40 Students

Register:
atfp.org/ArkansasLGBTQ

Questions?
AFSP Arkansas Chapter
arkansas@atfp.org

atfp.org



Stronger Communities: LGBTQ+ Suicide Prevention

Regional Conferences



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TSL: An Introduction to Suicide Prevention in the LGBT Community



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New Resources!

Have an honest conversation. If you're worried about someone, assume you are the only one who will reach out.

- Talk to them in private, and tell them you care
- Listen to their story
- Avoid debating the value of life, minimizing their problems or giving advice
- It's ok to ask directly about suicide
- Encourage them to seek help or to contact their doctor or therapist

AFSP is dedicated to sharing knowledge and resources about mental health and suicide in the LGBTQ+ community.

- Visit**
Your Primary Care Provider
Mental Health Professional
Walk-in Clinic
Emergency Department
Urgent Care Center



- Find a mental health provider**
findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help
- National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Veterans: Press 1
- Text TALK to 741741**
Text with a trained counselor from the Crisis Text Line for free, 24/7
- CrisisChat.org**

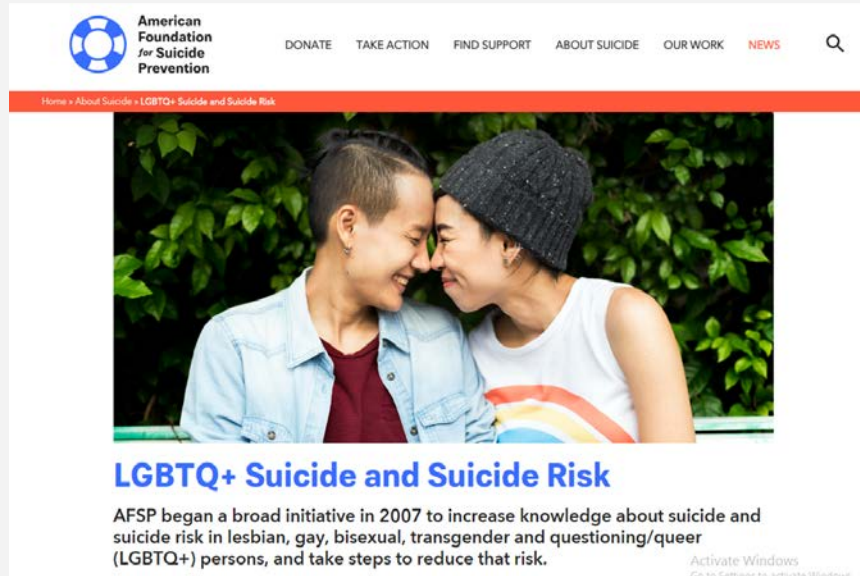
- Call 911 for emergencies**
- The Trevor Project**
Phone, chat, and text support for LGBTQ+ youth
thetrevorproject.org/get-help-now/
- Trans Lifeline**
Support for transgender people, by transgender people
1-877-565-8860
- SAGE LGBT Elder Hotline**
Peer-support and local resources for older adults
1-888-234-SAGE



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afsp.org/lgbtq



- Consensus conference
- Talking about Suicide in LGBT Populations (NEW! with links to orgs)
- Addressing LGBTQ+ Suicide in the National Strategies for Suicide Prevention
- Stronger Communities Conferences
- LGBTQ+ Research & Advocacy
- Talk Saves Lives: LGBT module
- Resources



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Seize the Awkward

**TALKING ABOUT
MENTAL HEALTH CAN
BE AWKWARD BUT
IT CAN REALLY HELP.**

SEIZE THE AWKWARD



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Illinois AFSP Initiatives

- Center on Halsted trainings
- Northwestern University ISGMH
- Pride activities
- Partnerships
- Free Materials
- Free Speakers
- Walks



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AFSP Advocacy

National Advocacy

ACA Advocacy

NVDRS

Funding

Medicaid funding

Military and veteran suicide

Suicide prevention lifeline and
crisis center funding

State advocacy

State day

HB 2950 Anti Bullying

Conversion Therapy Ban



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THANK YOU!

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