



# Preventing Suicide in the LGBTQIA+ Community

The diverse LGBTQIA+ community has proven to be resilient throughout its history. However, due to the discrimination and prejudice the community too often faces, the population is particularly at-risk for suicidal feelings and other mental health issues. Over 80% of LGBTQIA+ youth have been assaulted or threatened, and every instance of victimization more than doubles the likelihood of self-harming.

If you or a loved one is struggling with depression or suicidal thoughts, talk to someone. Here are some ways to get help:

**Lean on a support system.** The LGBTQIA+ community is full of individuals who have experienced similar ups and downs. Talking to someone who understands your struggles can help you cope during difficult times, and feel understood and supported.

**Make a safety plan.** Keep resources and your support network close for times when you may feel depressed, suicidal or in crisis. Always call the **National Suicide Prevention Lifeline at 800-273-8255** if you or someone you know is experiencing suicidal thoughts.

**Talk to a mental health professional.** Call the behavioral health number on the back your health insurance card, or reach out to your Employee Assistance Program to get connected with counseling and other community support resources.

Regardless of your sexual orientation or gender identity, be an ally to your loved ones and others in the LGBTQIA+ community. We all play an important role in reducing the stigma and preventing suicide.

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