



SIX MHA



LGBTQIA+ and Mental Health

A review of studies on mental health issues in LGBTQIA+ communities found that LGBTQIA+ people are more likely to experience poor mental health or a mental illness than those who do not identify as being LGBTQIA+.

- LGBTQIA+ people are at more risk of suicidal behaviour and self-harm than non-LGBTQIA+ people.
- Gay and bisexual men are 4 times more likely to attempt suicide across their lifetime than the rest of the population.
- LGBTQIA+ people are 1½ times more likely to develop depression and anxiety disorder compared to the rest of the population.
- 67% of trans people had experienced depression in the previous year and 46% had thought of ending their life.
- Stonewall's 'Prescription for Change' report found lesbian and bisexual women had higher rates of suicidal thoughts and self-harm compared to women in general.
- Of all the common sexual identity groups, bisexual people most frequently have mental health problems, including depression, anxiety disorder, self-harm and suicidality.

The reasons why there are higher rates of mental health issues among LGBTQIA+ people are complex. There are many experiences that LGBTQIA+ people will often have to deal with as a minority community, such as stigma, prejudice, and discrimination.

As a SIX MHA Board Member employee, you also have SIX MHA for expert care and support. We have nurses and therapists who have specialised training in the needs of people from the LGBTQIA+ community.

Email us at helpine@sixmha.org or

Call us on 084321 6 90 90

We stand with you, love is love. We are here for you



SIX MHA Board Member App Code – BAR-615-869

We are here for you!

