

## Preventing suicide in LGBTQ youth

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### LGBTQ youth suicide facts and information

- Centers for Disease Control and Prevention: Discover some of the reasons that lesbian, gay, bisexual and transgender youth are at high risk for suicide and find suggestions for how parents and schools can approach their LGBTQ youth about this subject.
- American Association for Suicidology: Access this fact sheet (PDF) from the American Association of Suicidology to find insights into the risk factors for suicide in the LGBTQ youth community and suggested resources for further action.
- National Action Alliance for Suicide Prevention: Find general suicide prevention resources from this public-private partnership.

### Testimonials and support

- It Gets Better: Find testimonials from around the world aimed at providing inspiration for LGBTQ youth. Celebrities, public figures and citizens contribute encouraging words, preaching perseverance through difficult periods and providing examples of how the future for LGBTQ youth is bright.
- I'm From Driftwood: Watch inspiring first-person accounts of being LGBTQ in America.

### Standout organizations and helplines

- The Trevor Project: Find crisis intervention and suicide prevention services for LGBTQ youth through the internationally known Trevor Project. Locate many options for counseling through chat, phone and email.
- Family Acceptance Project: Access toolkits, resources and peer-reviewed research to assist promoting LGBTQ health issues within the context of the family.
- LGBT National Youth Talkline: Locate telephone and email peer-counseling, as well as factual information and local resources for cities and towns across the United States.

- Suicide Prevention Resource Center: Find suicide prevention basics and best practice resources. The Suicide Prevention Resource Center is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.
- Models of Pride: Attend a 1-day conference that focuses on the concerns and interests of Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) youth up to age 24, and their allies.

## **AMA LGBTQ advisory committee**

Join the AMA member group that advocates for LGBTQ patients and physicians.

## **988 Suicide & Crisis Lifeline**

With an increased number of people reporting worsening mental health in recent years, it is imperative that people are aware of the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) telephone program.

People experiencing a suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress can call, chat or text 988, and speak to trained crisis counselors. The national hotline is available 24 hours a day, 7 days a week.

The previous National Suicide Prevention Lifeline phone number (1-800-273-8255) will continue to be operational and route calls to 988 indefinitely.