

# Suicide & LGBTQA+

Creating *Hope* Through *Action*



## BACKGROUND

People who identify as LGBTQA+ live full, happy and thriving lives. However, the evidence base also sheds light on a darker picture requiring urgent attention worldwide, by everyone in every community. Whilst there remain gaps in the quality and accuracy of existing academic research, we do know from current research that LGBTQA+ people are also at a greater risk of experiencing intentional self-harm and increased suicidal thoughts, attempts and death by suicide. While we acknowledge that much of the existing global research overrepresents western countries, emerging research from historically underrepresented countries have found similar findings. The risk factors often have very little to do with LGBTQA+ self-identity and more to do with the world in which LGBTQA+ people live.

For LGBTQA+ people (including groups within the broader 'LGBTQA+ umbrella') there are a multitude of sociocultural factors which contribute to increased suicide risk. These factors include harmful stigma, structural, systemic, and historical barriers and injustices associated with ongoing oppression, discrimination, societal exclusion, and public vilification (hate speech and crimes). Collectively, these factors contribute to a plethora of health, socio-economic, housing and civic inequalities which are the drivers for poorer mental health outcomes and increased risk of intentional self-harm and suicide for LGBTQA+ people.

Along with the World Health Organization, leading health and human rights organizations across the world recommend that urgent action is needed. Collaboration across academics, NGOs, activists, the LGBTQA+ community, and public health educators are urgently needed to help increase both the evidence-base for helping to ensure LGBTQA+ people live full, thriving and contributing lives, like their non-LGBTQA+ peers and to address the ongoing harm to LGBTQA+ people's lives, wherever they may live, work or learn.

## HOW CAN I GET INVOLVED?

Support and advocate for LGBTQA+ people wherever and however you can. For example, if you work in an educational setting, a workplace, in community and sporting groups or even in the media, encourage your co-workers and organisation to seek out training that can assist in providing safe and inclusive environments for all LGBTQA+ people.

## YOU CAN ALSO HELP CREATE HOPE THROUGH ACTION.

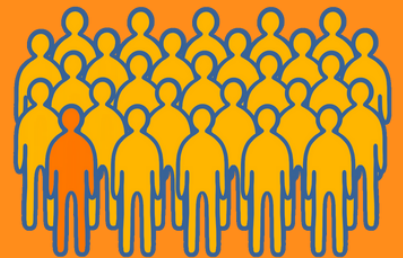
YOU CAN *be the light* \*



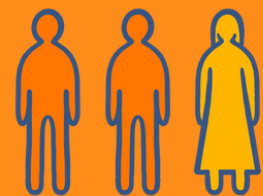
Written in collaboration with the IASP Suicide and LGBTQA+ Special Interest Group

## STATISTICS

Suicide is a global challenge. Suicide ranks consistently among the top 20 causes of death globally across all age groups. One in every 100 deaths worldwide is the result of suicide. It can effect every one of us.



The global suicide rate is over twice as high among men than women.



Over half (58%) of all deaths by suicide occur before the age of 50 years old.

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### TAKE ACTION

If you do identify as being a member of an LGBTQA+ community:

- \* Find your connection points and find ways to be involved in your local community
- \* If it is not a risk to your personal safety, utilize resources from local NGOs to become a visible LGBTQA+ activist
- \* Utilize resources from NGOs in your country to learn how to advocate for LGBTQA+ inclusive laws and regulations at the local, regional, and national level

If you don't identify as being a member of an LGBTQA+ community

- \* Learn how to become a good ally by educating yourself on LGBTQA+ issues
- \* Utilize resources from NGOs in your country to learn how to advocate for LGBTQA+ inclusive laws and regulations at the local, regional, and national level
- \* Speak with friends and family about the importance of acceptance and inclusion of the LGBTQA+ community

### RESOURCES

- \* [Improving the health and well-being of LGBTQI+ people](#)
- \* [Mental health and suicide prevention \(LGBTQI+ Health Australia\)](#)
- \* [The mental health and well-being of multiracial LGBTQ youth](#)
- \* [Writing Themselves In](#)

### STATISTICS

Suicide occurs across all regions in the world, however, over three quarters (77%) of global suicides in 2019 occurred in low and middle-income countries.



10 September is World Suicide Prevention Day (#WSPD). 'Creating Hope Through Action' aims to inspire confidence in all of us; that our actions may provide hope for those that are struggling.

