

# Supporting Youth Mental Health

# LGBTQ2+

LGBTQ2+ Youth face a higher risk of experiencing:

- depression, anxiety and suicide.
- substance abuse.
- violence, harassment and discrimination.

Transgender and gender non-conforming youth:

- are 2X more likely to think about and attempt suicide than cis-gendered members of the LGBTQ+ community.
- 1 in 5 have avoided school and public spaces, fearing harassment.

## Promote positive LGBTQ2+ Mental Health

Self-awareness and **acceptance** helps create positive mental health outcomes.

**Social support** from friends, families, schools and workplaces helps protect LGBTQ2+ youth against poor mental health.



**LGBTQ2+ peer support** helps build resilience and a sense of belonging.



## How to be an ALLY

- Take a stand against bullying
- Respect and use correct pronouns and names
- Educate yourself
- Accept feedback
- Be a good listener
- Champion diversity

# RESOURCES

## Jeunesse IDEM

Support for queer youth (14-25 years), workshops, events. Support for families and allies. Raising awareness and education.

 [jeunesseidem.org](http://jeunesseidem.org)


## LGBTQ+ Family Coalition

Professional development training to build more inclusive workplaces and communities. Workshops, support and referrals (in particular with regard to individual rights).

 [familieslgbt.org](http://familieslgbt.org)

## Trans Outaouais

Discussion and peer support groups, parents of trans children support groups, free name and gender change swearing-in service, financial support for gender affirmation process, resources and referrals.

 1-888-872-6707

 [transoutaouais.com](http://transoutaouais.com)

## Éducaloi

Provides LGBTQ2+ legal information in clear language.

 [educaloi.qc.ca](http://educaloi.qc.ca)

## Helplines

### Interligne


24/7 Free helpline. Phone, text, chat for LGBTQ+ people seeking support and information.

 1-888-505-1010

 [interligne.co](http://interligne.co)

### LGBT YouthLine

Confidential and non-judgemental peer support through phone, text and chat.

 1-800-268-9688


 647-694-4275

 [youthline.ca](http://youthline.ca)

### Aide aux Trans du Québec (ATQ)


24/7 Free helpline for trans individuals.

 1-855-909-9038 #1

 [atq1980.org](http://atq1980.org)

### Trans Lifeline

Trans peer support hotline. Family and friends hotline.

 (877) 330-6366

 [translifeline.org](http://translifeline.org)



For more information on support and services, call Connexions at 819-557-0615.

conneXions

[centreconnexions.org](http://centreconnexions.org)

[info@centreconnexions.org](mailto:info@centreconnexions.org)

 ConnexionsResourceCentre

   ConnexionsRC

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The views expressed do not necessarily represent the views of CHSSN and the funders.

Statistics and information for this resource were derived from the following sources: Trans Pulse Canada, Centre for suicide Prevention, the Mental Health Commission of Canada, Canadian Mental Health Association, and Statistics Canada.