

Did you know?

1 in 6

1 out of 6 high school students nationwide seriously considered suicide in the past year.

40%

In a national study, 40% of transgender adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25.

2.5x

Victimizing LGBTQ+ people increases the likelihood of self-harming behavior by 2.5 times. This could look like either physical or verbal harassment.



Substance use can indicate that an LGBTQ+ friend needs a better support system.



Lack of access to safe spaces and understanding adults can create psychological burden for LGBTQ+ youth.



LGBTQ+ individuals experience more challenging family dynamics than straight people do. Being a friend can help more than their own family can.



Pay attention to LGBTQ+ friends' drinking habits, as it's a method of suppression for their anxiety and depression.

WHAT ARE THE SIGNS?

If you are worried a friend or loved one is thinking about suicide, here are some signs to look for:

- Signs of withdrawal
- Talking about hopelessness
- Sudden mood changes
- Reckless behavior
- Seeking methods of self-harm
- Neglect of personal appearance

HOTLINES:

TEEN LINE

Trained teens for peer-to-peer support. 6pm to 10pm daily

- Call: (310) 855 - HOPE, or (800) TLC - TEEN
- Text 'TEEN' to 839-863

TRANS LIFELINE

A hotline staffed by transgender people for transgender people.

- US line: 877-565-8860

NATIONAL SUICIDE PREVENTION LIFELINE

A suicide prevention network of over 160 crisis centers that provides 24/7 service via a toll-free hotline. It is available to anyone in suicidal crisis or emotional distress.

- Call: 800-273-TALK (8255)

VISIT bewelloc.org/gsa-resources/ FOR MORE HOTLINES IN OC.

SUICIDE MYTHBUSTERS

Certain beliefs keep people from helping prevent suicide. Really, these "myths" have no research to support them.

COMMON MYTHS ABOUT SUICIDE:

- Talking to someone about suicide plants the idea in their mind. **It doesn't.**
- Only people with mental disorders have suicidal thoughts. **Anyone can.**
- Most suicides happen without warning. **Most suicides are preceded by noticeable warning signs » suicideispreventable.org**
- Someone who is suicidal wants to die. **They're just desperate to have no pain.**
- People who talk about suicide aren't serious. **Even if it's subtle, it could be their cry for help.**



WHAT SHOULD I SAY?

If you're concerned that a friend or loved one is thinking about suicide, talk to them.

STARTING THE CONVERSATION

- "Are you thinking about suicide?"
- "I noticed that you've mentioned feeling hopeless lately"

01.

Have resources readily available before the conversation begins.

02.

Make sure that this conversation is not rushed.

03.

Make sure to listen and validate their feelings. Express concern.

04.

Create a safety plan. Ask if they have access to any lethal means and work together to remove those means.

05.

Get help. Use the resources that you gathered for your friend/loved one.

CITATIONS:

- Facts pulled from: <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>
- Wording/Info from: <https://www.suicideispreventable.org/>
- https://www.who.int/mental_health/suicide-prevention/myths.pdf



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