

LGBQ College Student Mental Health

Students who identify as lesbian (L), gay (G), bisexual (B), questioning (Q), or elsewhere on the sexual orientation spectrum often struggle with discrimination and marginalization, which can negatively impact mental health and sense of belonging.

These statistics come from The Healthy Minds Study, a national survey of over 14,000 students on campuses across the U.S.

"I am optimistic about my future."

68.5% of heterosexual respondents agreed or strongly agreed

Only 50.5% of LGBQ respondents agreed or strongly agreed

"People respect me."

69.1% of heterosexual respondents agreed or strongly agreed

Only 51.7% of LGBQ respondents agreed or strongly agreed

Lifetime Diagnosis

Depression:

LGBQ: 35.0%
heterosexual: 16.4%

Anxiety:

LGBQ: 34.0%
heterosexual: 16.8%

Eating disorders:

LGBQ: 5.5%
heterosexual: 2.8%

In the last 4 weeks, I have experienced mental or emotional difficulties that have hurt my academic performance on:

3-5 days:

LGBQ: 24.4%
heterosexual: 16.7%

6 or more days:

LGBQ: 23.3%
heterosexual: 13.3%



In the last year, 23.5% of LGBQ respondents thought about attempting suicide.



Data from The Healthy Minds Study 2013
Courtesy of The Healthy Minds Network
healthymindsnetwork.org

Why haven't you sought treatment for your mental health in the last year?

"I have had a bad experience with medication and/or therapy"

Heterosexual students: 6.7% LGBTQ students: 18.4%

"People providing services aren't sensitive enough to sexual identity issues"

Heterosexual students: 0.3% LGBTQ students: 11.7%

"I worry someone will notify my parents"

Heterosexual students: 8.4% LGBTQ students: 17.7%

"I fear being hospitalized"

Heterosexual students: 5.2% LGBTQ students: 17.6%

A Few Stories

Statistics are important; but people are more important. Check out some of these stories about coming out at different places on the sexual orientation spectrum.

COMING OUT

Tegan & Sara – It Got Better

Jesse Tyler Ferguson, Wanda Sykes, & Dan Bucatinsky – OWN

Wentworth Miller – HRC

Ellen Page – HRC

CLAIMING RIGHTS

David Wilson – StoryCorps

Michael Levine – StoryCorps

Zach Walls – Iowa House

Remembering Stonewall

Edie Windsor Leaves Court

BEING AN ALLY

Eagle Pass, TX High School
GSA Homecoming Campaign

Scouts for Equality PSA

Secret Ally Codes – Slate

Next Steps

The above statistics demonstrate a need for lesbian, gay, bisexual, questioning, and other individuals who do not identify as heterosexual to have greater access to mental health promotion, suicide prevention, and quality mental health treatment and recovery services. They also demonstrate a need for more competent allies.

As we call for better public health campaigns and mental health care for all, it's important to do a better job of bringing our LGBQ friends out of the margins and into the conversation.

**ARE YOU OR SOMEONE YOU
KNOW IN THE LGBTQ
COMMUNITY IN CRISIS?**



Call The Trevor Project
Lifeline at 1-866-488-7386

www.thetrevorproject.org

**LEARN HOW TO TALK
ABOUT IT**

**UCLA's LGBT Campus
Resource Center**

lgbt.ucla.edu

**GLAAD's "Talking About"
Series**

www.glaad.org

BE AN ALLY

**Campus Pride: How to Be an
LGBT Ally**

www.campuspride.org

**Human Rights Campaign:
Resources for Campuses**

www.hrc.org

UNDERSTAND | AFFIRM | INFORM | ADVOCATE

active minds