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📊 SUICIDE & MENTAL HEALTH

As we just beginning to understand the mental health impacts of the COVID-19 pandemic, it is clear that the crisis in 2020 that have deeply impacted so many. But we know that this is a public health crisis, consistently the second leading cause of death among people, and continues to disproportionately impact LGBTQ youth. Through our robust research, systematic data collection, and comprehensive mental health support has never been greater.

↔️ CONVERSION THERAPY & CHANGE ATTEMPTS

The Trevor Project's 2020 National Survey on LGBTQ Youth Mental Health is our second annual release of new insights into the challenges that LGBTQ youth face every day.

⚠️ DISCRIMINATION & PHYSICAL HARM

Building on the findings of our inaugural survey, it provides critical insights around youth mental health disparities, discrimination, housing instability, barriers to mental health care, subjection to conversion therapy, and suicide. The survey highlights how safe spaces and social support positively impact the well-being of LGBTQ youth.

🏠 HOUSING INSTABILITY

Drawing from the experiences of over 40,000 LGBTQ youth ages 13-24 across the United States, it is the largest survey of LGBTQ youth mental health ever conducted. This wealth of data highlights the resiliency and diversity of LGBTQ youth and demonstrates how important affirming one's identity is to their mental wellness. Findings from this cross-sectional survey also point to best practices for how to support LGBTQ young people and contribute positively to their mental health.

🏳️‍🌈 SUPPORTING TRANSGENDER & NONBINARY YOUTH

One of the key findings of the report from LGBTQ youth in the survey: **LGBTQ respondents** seriously considered attempting suicide in the past twelve months, with **more than half** of transgender and nonbinary youth seriously considered suicide.

💖 FINDING SUPPORT

LGBTQ youth reported symptoms of generalized anxiety disorder in the past two weeks, including **more than 3 in 4** transgender and nonbinary youth.

🔍 DIVERSITY OF GENDER IDENTITY & SEXUAL ORIENTATION

LGBTQ youth reported engaging in self-harm in the past twelve months, including **over 60%** of transgender and nonbinary youth.

📄 RESEARCH & METHODOLOGY

- **46% of LGBTQ youth** report they wanted psychological or emotional counseling from a mental health professional but were unable to receive it in the past 12 months
- **10% of LGBTQ youth** reported undergoing conversion therapy, with **78% reporting** it occurred when they were under age 18
- **29% of LGBTQ youth** have experienced homelessness, been kicked out, or run away
- **1 in 3 LGBTQ youth** reported that they had been physically threatened or harmed in their lifetime due to their LGBTQ identity
- **61% of transgender and nonbinary youth** reported being prevented or discouraged from using a bathroom that corresponds with their gender identity
- **86% of LGBTQ youth** said that recent politics have negatively impacted their well-being
- **Transgender and nonbinary youth** who reported having pronouns respected by all or most people in their lives attempted suicide at half the rate of those who did not have their pronouns respected

This year's survey exemplifies our organization's commitment to using research and data to prevent LGBTQ youth suicide.

We will continue to leverage new research to help inform our life-saving services for LGBTQ youth, as well as expand the knowledge base for organizations around the globe. Our partner organizations also conduct critical research, and we acknowledge that our life-saving programs and research build on their important work.

Given the lack of LGBTQ-inclusive data nationwide, we hope this report will provide valuable insights that can be used by researchers, policymakers, and the many organizations working alongside The Trevor Project to support LGBTQ young people everywhere.

The Trevor Project's research, advocacy, education, and direct service programs will continue to elevate the voices and experiences of LGBTQ youth. Our hope is

that by publicly sharing our resources and our support for them, LGBTQ youth will hear us loud and clear: that they are beautiful the way they are, that their lives are valuable, and that they are never alone. If you are an LGBTQ young person, please know that The Trevor Project is here to support you 24/7.



Amit Paley
CEO & Executive Director
The Trevor Project

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This report is also available in a [downloadable PDF here](#). For 2019 National Survey, click [here](#).

SUICIDE & MENTAL HEALTH

More than half of LGBTQ respondents seriously considered attempting suicide in the past twelve months. **More than half** of transgender and nonbinary youth have seriously considered suicide.

