

# 2SLGBTQIA+ Mental Health

The mental health and wellbeing of the 2SLGBTQIA+ community must be supported through the creation of safe spaces at home, in schools and workplaces.



## Issue Summary

2SLGBTQIA+ individuals have higher rates of mental health challenges than the general population and often struggle with depression, anxiety, trauma and self-acceptance due to ongoing discrimination.<sup>36</sup>



## Solution

**Alberta can support the mental health of 2SLGBTQIA+ people by**

- Creating overarching multiagency priorities to improve wellbeing
- Increasing access to affordable, high-quality, non-discriminatory health care services and insurance benefits
- Promoting economic security and financial stability by fostering inclusive labour practices and workplace policies
- Fostering inclusive, safe, welcoming and affirming schools for youth

# 2SLGBTQIA+ Mental Health



## Research

2SLGBTQIA+ individuals are more likely to experience depression, anxiety, and substance abuse<sup>37,38</sup> and are double the risk for post-traumatic stress disorder (PTSD) than heterosexual people.<sup>39</sup> Further, 2SLGBTQIA+ youth are more at risk for suicide than their straight peers, with these youth five times more likely to consider suicide and seven times more likely to attempt suicide.<sup>37</sup> Certain factors that 2SLGBTQIA+ people experience can place them at a higher risk for suicide than others. These risk factors may include discrimination, lack of support, and mental illness including depression, anxiety and substance use, among others.



## Alberta Examples

Brite Line is Edmonton's first mental health and wellness helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community.<sup>40</sup> Created by members of the community for the community, Brite Line is a safe place to call to connect with hope, courage, support, understanding and the freedom to be who one is.

<sup>36</sup> Visions (2010). *BC's Mental Health and Addictions Journal*, 6(2). Retrieved from [https://www.heretohelp.bc.ca/sites/default/files/visions\\_lgbt.pdf](https://www.heretohelp.bc.ca/sites/default/files/visions_lgbt.pdf)

<sup>37</sup> Centre for Suicide Prevention (2018). *Sexual minorities and suicide*. Retrieved from <https://www.suicideinfo.ca/resource/sexual-minorities-suicide-prevention/>

<sup>38</sup> Meyer, I.H. (2003). Prejudice, social stress, and mental health in lesbian, gay and bisexual populations: conceptual issues and research evidence. *Psychological Bulletin*, 129(5), 674-697. doi: <https://dx.doi.org/10.1037%2F0033-2909.129.5.674>

<sup>39</sup> Roberts A.L., Austin S.B., Corliss H.L., Vendermorris A.K., & Koenen K.C. (2010). Pervasive trauma exposure among US sexual orientation minority adults and risk of posttraumatic stress disorder. *American Journal of Public Health*, 100(12), 2433-2441. doi: <https://dx.doi.org/10.2105%2FAJPH.2009.168971>

<sup>40</sup> Here for you 24/7 (n.d.). *Brite Line*. Retrieved from <https://www.briteline.ca/>