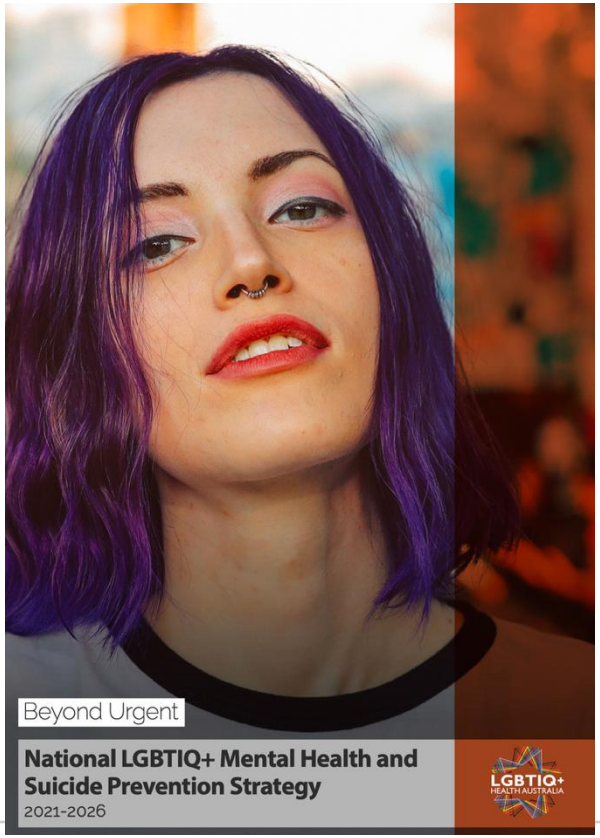
Australian Research on LGBTIQ+ Mental Health and Suicidality

Terence Humphreys (he/him)
Executive Director – Programs, Training and Capacity Building

National Response to LGBTIQ+ Mental Health and Suicide Prevention



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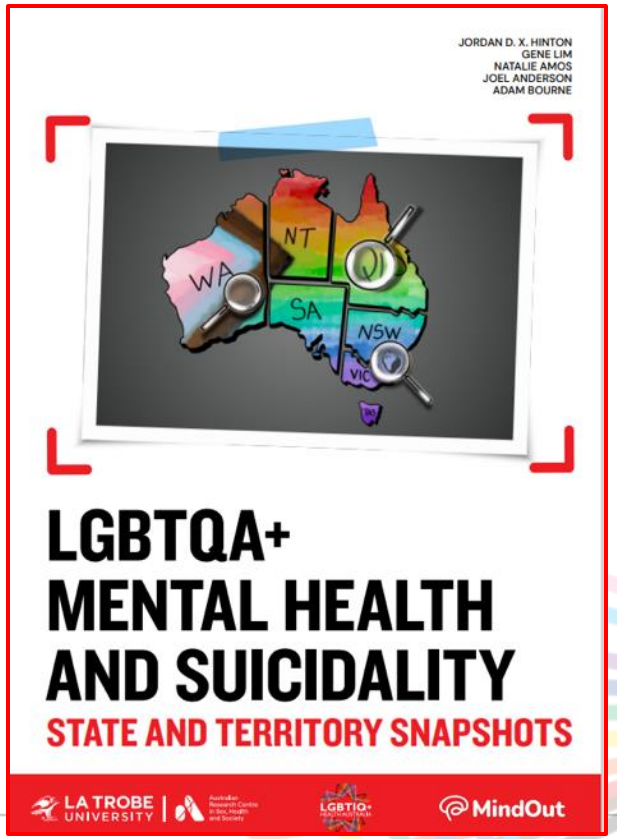
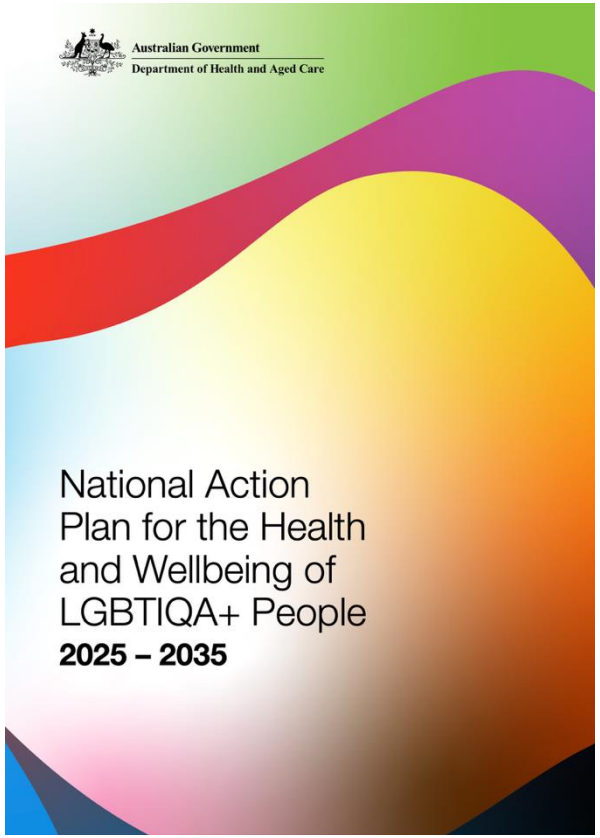
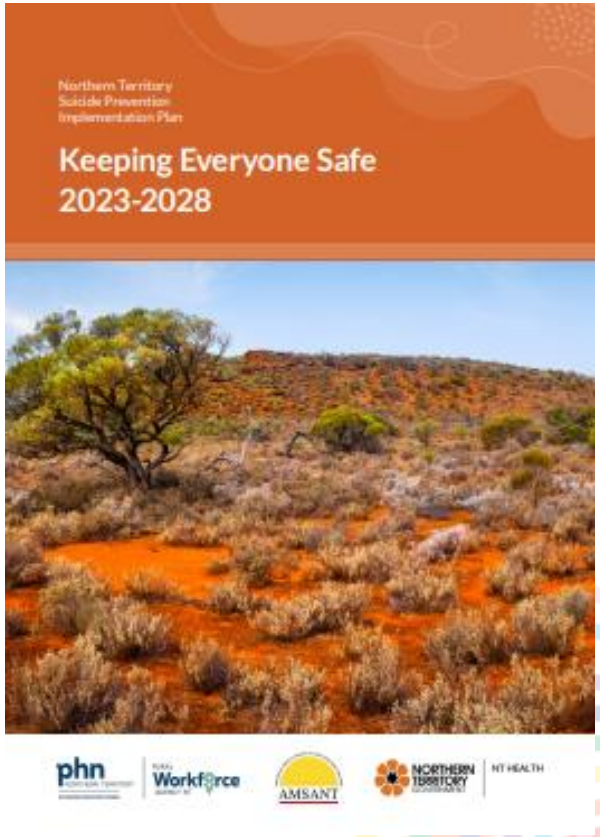
LIFE



National and Territory Policy



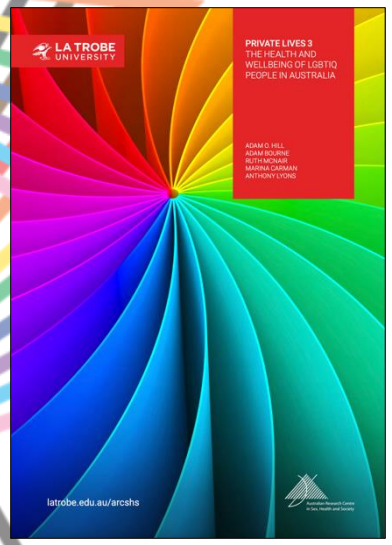


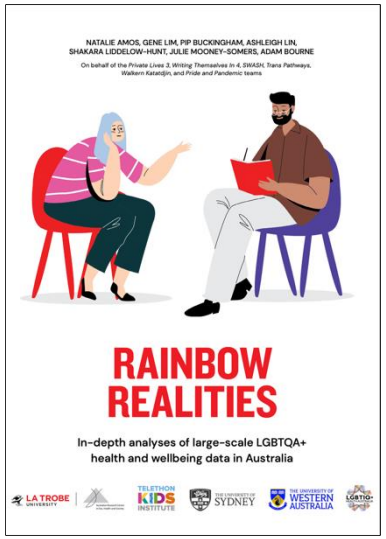
LGBTIQ+ Mental Health Data: Gaps, Challenges, and Limitations

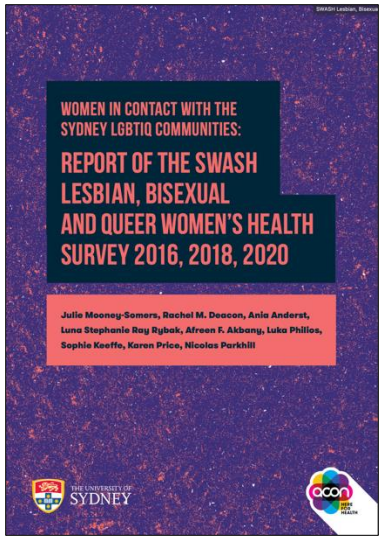
- Many collections still exclude questions on sexual orientation, gender identity, and intersex status.
- AIHW mental health monitoring draws on diverse datasets (e.g. mortality, hospital, ambulance, and surveys), but lacks inclusive LGBTIQ+ variables in key national data sources.

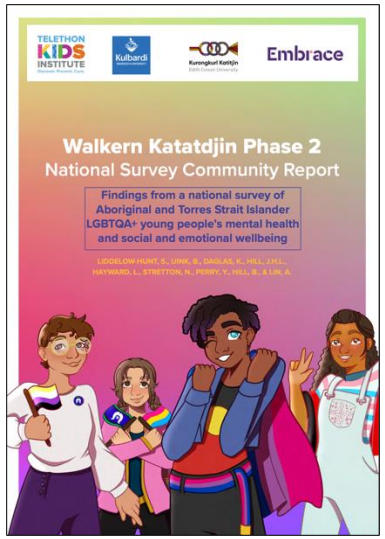
LGBTIQ+ health and wellbeing research

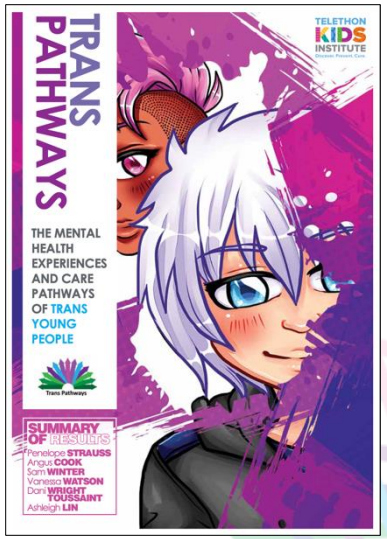
- Incredible work by ARCSHS, The Kids Institute and others

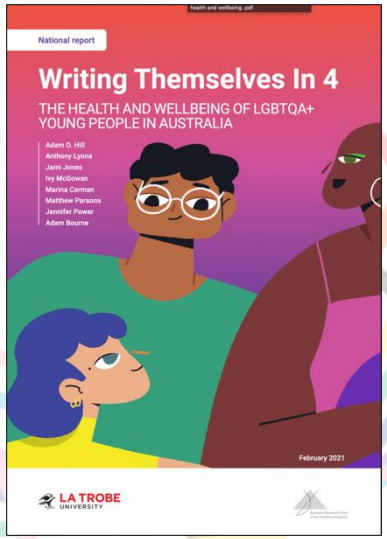












Suicide and Self-Harm

- **30.3%** of LGBTIQ+ adults have attempted suicide (vs **4.9%** general population).
- **58.2%** of LGBTQA+ youth (14–21) seriously considered suicide in the past year.
- **62.1%** of LGBTQA+ youth and **79.7%** of trans and gender diverse (TGD) youth have self-harmed in their lifetime (vs **8.7%** general population).
- **43.6%** of TGD youth self-harmed in the past year.

Diagnosed mental health conditions

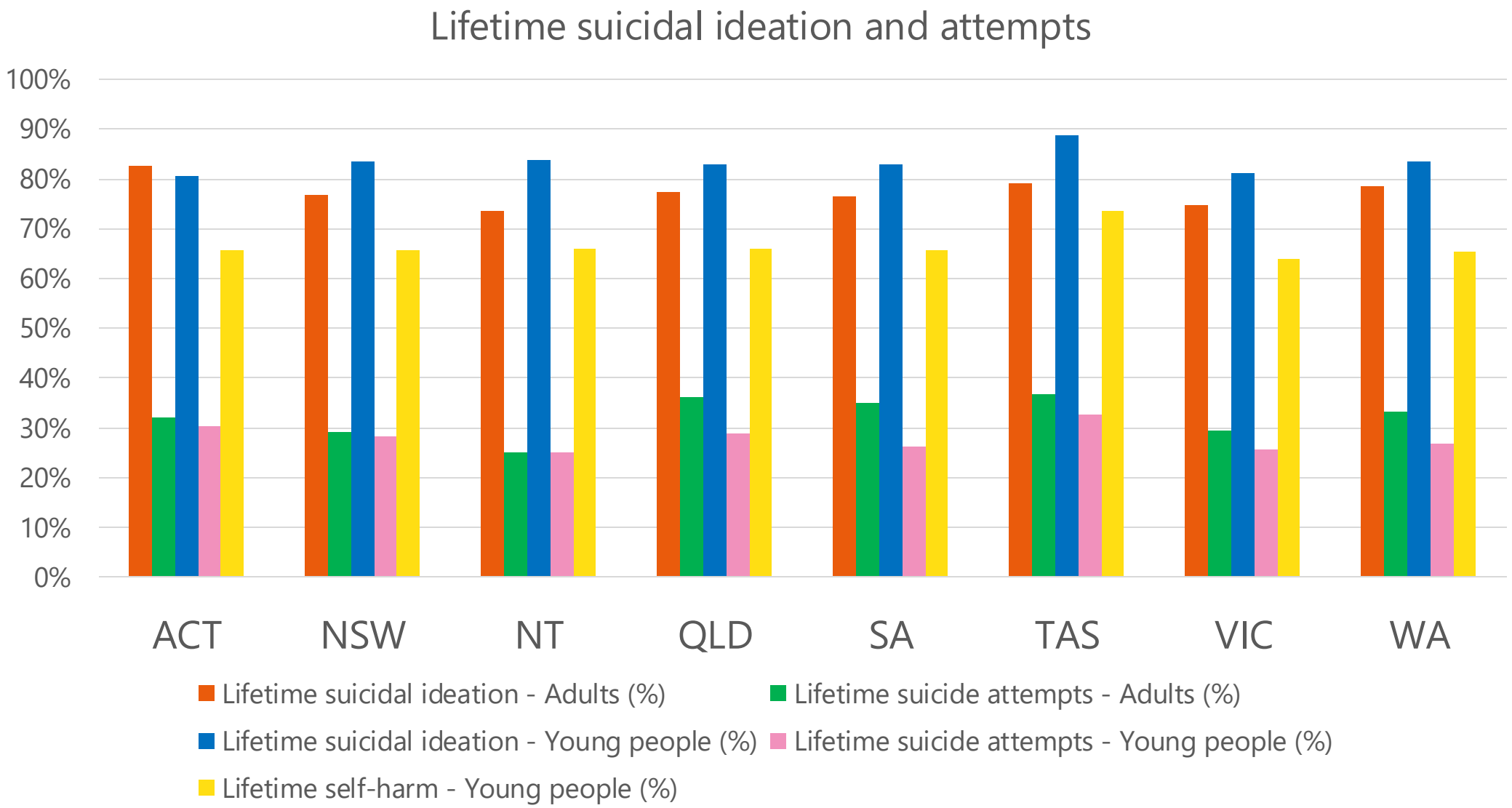
- **74.5%** of LGB+ adults report a lifetime mental health disorder *(vs **41.7%** of heterosexual people)*.
- **60.5%** have been diagnosed with depression.
- **50.3%** experienced an anxiety disorder in the past year.
- **43.9%** of LGB+ adults report high/very high distress *(vs **15.4%** of heterosexual adults)*.
- **83.3%** of LGBTQA+ youth (16–17) report high/very high distress.

Crisis support use

- 71% of LGBTI+ people aged 16–27 did not use crisis support during their most recent mental health crisis.
- Reasons include fear of discrimination, lack of awareness, or not thinking they qualified for support.

Disaggregated data – who is most at risk

- Bisexual, pansexual, queer and asexual people report extremely high levels of distress.
- Non-binary and trans people show the highest rates of suicidal thoughts, attempts, and self-harm.
- People with intersex variations report poor mental health linked to unwanted medical interventions.


Lifetime suicidal ideation and attempts
100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%
ACT
NSW
NT
QLD
SA
TAS
VIC
WA
Lifetime suicidal ideation - Adults (%)
Lifetime suicide attempts - Adults (%)
Lifetime suicidal ideation - Young people (%)
Lifetime suicide attempts - Young people (%)
Lifetime self-harm - Young people (%)

Intersectional risks

- Young people, particularly TGD youth, older adults, especially trans
- LGBTIQ+ people who are Aboriginal and/or Torres Strait Islander, from CALD backgrounds, live with disability, or live in rural/remote areas often face compounded risks.
- Homelessness, family violence and exclusion intensify distress and suicidality.

Final thoughts

- Urgent need for consistent, inclusive data collection across national health datasets.
- Greater investment in LGBTIQ+ community-controlled services.
- Stigma, discrimination and exclusion are the root causes of poor mental health outcomes.

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CONTACT

LGBTIQ+ Health Australia

www.lgbtiqhealth.org.au

Webinars and Resources in the Knowledge Hub

Terence Humphreys

Executive Director – Programs, Learning and Capacity Building

Terence.Humphreys@lgbtiqhealth.org.au