

CRISIS INTERVENTION

TYPES OF HELP + RESOURCES

IN PERSON



- **JMU Counseling Center**
- **LGBTQ+ & Ally Education Program**
jmulgbta@gmail.com
- **Equality Virginia**
(804) 643-4816
info@equalityvirginia.org
www.equalityvirginia.org

CALL



- **LGBT Hotline**
1 (800) 246 PRIDE
- **Trevor Lifeline**
866-488-7386
- **The National Suicide Prevention Lifeline**
1-800-273-TALK (8255)

MESSAGE



- **TrevorSpace**
- **Youthline.ca**

WHO? WHY?

- The rate for suicide attempts is **4 times** greater for LGB youth and **2 times** greater for questioning youth than of straight youth.
- **Nearly half** of young transgender people have seriously thought about taking their lives, and **one quarter** report having made a suicide attempt.
- LGB youth who come from highly rejecting families are **8.4 times as likely** to have attempted suicide as LGB peers who reported no or low levels of family rejection.

RISK FACTORS FROM YOUR ENVIRONMENT

- Barriers to mental health services
- Lack of community support
- Homelessness
- A death or relationship breakup
- A job loss or change in financial security
- Feeling unsafe
- Family history of suicide
- High stress family environment or dynamic
- Academic or family crisis
- Easy access to lethal materials

SOURCES

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