



LGBTQIAA* Resources

LGBTQIAA* = Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Asexual or Allies).

LGBTQ* Statistics

- 9.6 million American adults identify as LGBTQ
 - This does not include youth statistics which are estimated to be higher
- LGBTQ* individuals are more than twice as likely as heterosexuals to be diagnosed with a mental health disorder.
 - This includes depression and anxiety and it can be related to their experiences of identifying as a sexual minority'
- Bisexual/Pansexual/Omnisexuals are three times as likely to attempt suicide than heterosexuals
 - 41% of Trans* individuals attempt suicide.
- Sexual minorities have a greater risk of substance use disorders than heterosexuals
 - This may be an attempt to cope with stigma and oppression.
- Sexual minority youth are twice as likely to report being bullied than heterosexual youth.
 - 78% of Trans* youth report some kind of harassment at school
- 40% of homeless youth identify as LGBTQ*

What can I do?

- Seek support!
 - On the back of this page are several resources for LGBTQ* friendly agencies who offer mental health support
 - Find others in your community who are allies or out
 - Join organizations such as PFLAG or GLSEN who are active in supporting the LGBTQ* communities
- Engage in self-care.
 - Journal, draw, sing, ride a bike, relax! Anything that helps you feel at peace and calm
- Tell your story.
 - You can blog, vlog, or journal your story. Talk to a therapist or LGBTQ* youth.
 - Educate others if you are able. You can help spread awareness and make LGBTQ* individuals visible.

Genesis encourages you to copy and distribute this information for educational purposes. Please help yourself and others.



LGBTQIAA* Resources

	National Resources	Local Resources
Resources for parents and families	<p>PFLAG (Parents, Family and Friends of Lesbians and Gays) http://community.pflag.org/</p> <p>Family Acceptance Project http://familyproject.sfsu.edu/home</p>	<p>PFLAG Tinley Park 773-729-8460</p> <p>PFLAG Illinois http://www.pflagillinois.org/pflag-parents-of-transgendermchenry-monthly-meeting-wednesday-august-26th-at-7-pm/</p> <p>Proud Parents http://affinity95.org/acsccontent/get-involved/volunteer-opportunities/volunteer-led-programs/</p>
Resources for Kids/Teens	<p>GLSEN (Gay Lesbian Straight Education Network) http://www.glsen.org/</p> <p>Youth Resource eSupport http://www.youthresource.com/</p>	<p>Lurie Children's Hospital of Chicago Gender and Sex Development Program https://www.luriechildrens.org/en-us/care-services/specialties-services/gender-program/Pages/index.aspx</p> <p>Broadway Youth Center http://howardbrown.org/byc/</p>
Suicide Prevention / Hotline Resources	<p>The Trevor Project http://www.thetrevorproject.org/pages/support-center</p> <p>GLBT national Help Center (800) 246-7743</p>	<p>Youth Support Line (800) 850-8078</p> <p>Lesbian and Gay Hotline 773-929-4357</p>
Therapeutic Services		<p>Genesis Therapy Center http://www.genesistherapy.org/</p> <p>Center for Psychological Services http://positivespace.weebly.com/</p> <p>Guided Path Psychological Services http://www.guidedpathpsychologicalservices.com/Groups.en.html</p> <p>Howard Brown http://howardbrown.org/</p> <p>Center on Halsted http://www.centeronhalsted.org/</p>

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