



SUICIDE PREVENTION AUSTRALIA

FACT SHEET: LGBTIQ+ SUICIDE PREVENTION

2021

BACKGROUND AND KEY ISSUES

- LGBTIQ people have higher rates of mental ill-health and suicide than the general population in Australia, due to experiences of discrimination and stigma.
- There are strong links between a continued experience of discrimination and exclusion, and subsequent trauma in LGBTIQ populations¹.
- LGBTIQ people are not counted in the census. This means that health policy and funding which is determined by census data routinely leave out LGBTIQ populations, perpetuating a cycle of invisibility in service planning and delivery.
- Some legislation is discriminatory to LGBTIQ communities. The Australian Government must act to ensure that legislation does not allow discrimination.
- There is a lack of national coordination for LGBTIQ health resulting in the under-funding and under-resourcing of community-controlled organisations who service LGBTIQ Australians.
- Governments across Australia should fund tailored mental health and suicide prevention initiatives and upskill mainstream services to meet the needs of LGBTIQ people.
- LGBTIQ people face barriers to accessing services due to perceived and actual experiences of discrimination and stigma.
- For more information on Suicide Prevention Australia's position on LGBTIQ Suicide Prevention, please refer to our [policy position](#).

STATISTICS

- The 2020 iteration of Private Lives 3 found 41.9% of LGBTIQ people had considered suicide in the previous 12 months, with 78.4% considering suicide at some point during their lives².
- Compared to the general population, LGBTIQ people have significantly higher rates of attempted suicide.
 - LGBTIQ young people aged 16 to 27 are five times more likely to attempt suicide (16% report attempting suicide).

¹ Eckstrand, K.L. & Potter, J. (2017). Trauma, resilience, and health promotion in LGBT patients: What every healthcare provider should know, *Springer*.

² Hill, A.O., Bourne, A., McNair, R., Carman, M. & Lyons, A. (2020). *Private Lives 3: The health and wellbeing of LGBTIQ people in Australia*. ARCSHS Monograph Series No. 122. Melbourne, Australia: Australian Research Centre in Sex, Health and Society, La Trobe University
There are crisis services available 24/7 if you or someone you know is in distress:

- Transgender people aged 18 and over are nearly eleven times more likely to attempt suicide (48.1% report attempting suicide).
- People with an intersex variation aged over 16 are six times more likely to attempt suicide (19% report attempting suicide)³.
- LGBTIQ people are less likely to access help when in crisis. A study by La Trobe University found 75.3% of LGBTIQ participants did not use a crisis support service during a recent personal or mental health crisis⁴.

³ *Snapshot of Mental Health and Suicide Prevention Statistics for LGBTI People* (No. 2; pp. 1–14). (2020). National LGBTI Health Alliance. https://d3n8a8pro7vhmx.cloudfront.net/lgbtihealth/pages/240/attachments/original/1595492235/2020-Snapshot_mental_health_%281%29.pdf?1595492235

⁴ *Private Lives 3..*

There are crisis services available 24/7 if you or someone you know is in distress:

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

www.lifeline.org.au

www.suicidecallbackservice.org.au

Suicide Prevention Australia

Phone: 02 9262 1130

Email: admin@suicidepreventionaust.org

Web: www.suicidepreventionaust.org