

LGBTQ+

Los Angeles County Department of Mental Health



LGBTQ+ Youth

- The Lesbian, Gay, Bisexual, Transgender, Queer + community represents a diverse range of identities, expressions of gender, and sexual orientation. ¹
- 10.5% of high school students identified as lesbian, gay or bisexual. 5% of youth ages 13-18 were unsure of their sexual orientation. 1.8% of high school students identified as transgender. ²
- The needs of LGBTQ+ youth are unique; sometimes LGBTQ+ youth might not be aware that positive physical and mental health are possible.



Seek help and support if you are : ^{2,3,4}

- Experiencing anxious, sad, or worried feelings
- Being bullied/cyberbullied
- Having difficulty paying attention at school
- Having difficulty falling or staying asleep
- Withdrawing from or avoiding social interactions
- Feeling lonely, alone, or hopeless
- Hurting yourself, talking about hurting yourself, or thinking about death or suicide
- Increasing your use of alcohol and other substances

Where Can LGBTQ+ Youth Get Support?

- **The Trevor Project:** Providing free confidential support for LGBTQ+ youth in crisis, 24 hours a day, 7 days a week. For crisis support and suicide prevention services for youth, as well as resources, please contact **1-866-488-7386** or visit <https://www.thetrevorproject.org/>
- **Los Angeles LGBT Center** is a provider of variety of programs and services for people who are lesbian, gay, bisexual and transgender, such as health and mental health support. Please visit <https://lalgbtcenter.org/>
- **LifeWorks** is the youth development and mentoring program of the Los Angeles LGBT Center. They offer one on one peer and group mentoring opportunities for lesbian, gay, bisexual, transgender, queer and questioning youth ages 12-24. Please contact **(323) 860-7373** or visit <https://lifeworksla.org/>
- **Genders & Sexualities Alliance Network (GSA):** GSA clubs are student-run organizations that unite LGBTQ+ and allied youth to build community and organize around issues impacting them in their schools and communities. Please visit <https://gsanetwork.org/>

1. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ/>
2. <https://www.thetrevorproject.org/wp-content/uploads/2019/06/The-Trevor-Project-National-Survey-Results-2019.pdf>
3. <https://youth.gov/youth-topics/lgbtq-youth/health-depression-and-suicide>
4. <https://lalgbtcenter.org/>



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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call our Help Line at
(800) 854-7771

CRISIS TEXT LINE |

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Free, 24/7, Confidential

teen line

teens helping teens
(310) 855-4673