

Lesbian, Gay, Bisexual, Transgendered, and Questioning (LGBTQ) College Students

Risk Factors

- Previous suicide attempt(s)¹
Lesbian, Gay, Bisexual, & Transgendered (LGBT) college students are 2-3 times more likely to attempt suicide than heterosexual college students
- Mental health issues⁴
- Lack of family support and/or acceptance of sexual orientation¹
- Attempts to act “straight”²
- Lack of positive gay and lesbian role models (Plummer, 1989; as cited in D’Augelli, 1993)²
- Perceived sense of being different²
- Academic difficulties¹
- Internal conflict regarding sexual orientation (Remafedi, Garrow, & Deisher, 1991; as cited in D’Augelli, 1993)²
- Interpersonal difficulties (e.g., friends and/or peers)¹
- Discrimination/prejudice/hate crimes³
- History of physical and/or sexual abuse⁴
- A recent loss¹

Warning Signs

- Focused on death, dying, and suicide¹
- Talking, writing, or hinting about suicide¹
- Giving away possessions¹
- Withdrawal from usual activities⁴
- Dramatic mood changes⁴
- Anxiety⁴
- Perceived burdensomeness⁴
- Hopelessness and/or feeling trapped⁴
- Exhibiting changes in behavior, such as:
 - school performance
 - eating
 - appearance
 - sleeping patterns
- Excessive/increased use of substances (e.g., alcohol and/or drugs)⁴
- Recklessness/excessive risk-taking behavior⁴
- Perfectionism (e.g., excessive concern about mistakes and/or actions, harshly self-critical)⁵



Resources

Henderson Student Counseling

Student Counseling helps students:

- make sense of what is going on
- make meaningful changes
- find ways to better handle stress
- identify sources of support
- discover solutions
- if necessary, see the psychiatrist and (if needed) obtain a prescription for medication

Phone: (954) 424-6911 Available 24 hours per day for consultation

Location: University Park Plaza (east of the bookstore)

Website: <http://www.hendersonmhc.org/studentcounseling>

The National Suicide Prevention Lifeline

24-hour toll-free hotline available to anyone experiencing emotional distress/suicidal thoughts or is concerned about another person's welfare.

Toll-Free: 1-800-273-TALK (8255) *English*
1-888-628-9454 *Spanish*

GLBT National Help Center

Offers a toll-free hotline and an online peer-support chat for lesbian, gay, bisexual, transgendered, and questioning youth (LGBTQ). The website provides a safe and supportive environment, as well as local and national resources through their online database.

Toll-free: 1-888-843-4564 (GLBT National Hotline)

Online peer-support chat:

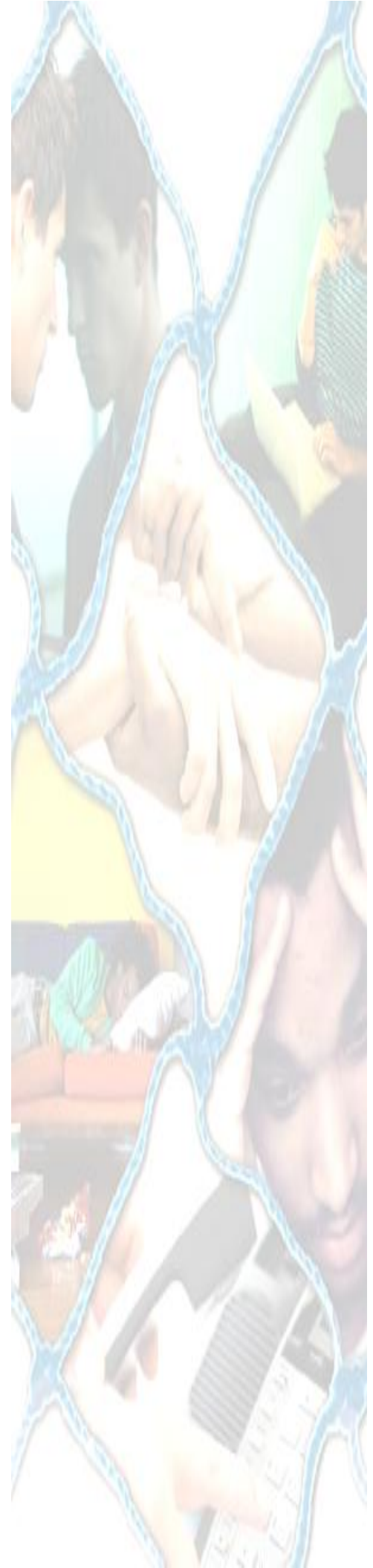
<http://www.volunteerlogin.org/chat/index.html>

Main website: <http://www.glnh.org/index2.html>

The Trevor Project

Offers a 24-hour toll-free crisis helpline for lesbian, gay, bisexual, transgendered, and questioning youth (LGBTQ). The website provides a safe and supportive environment, as well as information about suicide prevention. It also offers the following online programs:

- **“Dear Trevor** is an online non-time sensitive Question and Answer resource for young people with questions surrounding sexual orientation and gender identity. [Submit your Question](#)”
- **“TrevorChat** is a free, confidential and secure online messaging service that provides live help through this website. TrevorChat is only intended



to assist those who are not at risk for suicide. It's available on **Fridays** between the hours of **1:00 PM Pacific (4:00 PM Eastern) and 7:00 PM Pacific (10:00 PM Eastern)**. Connect with a volunteer who can support you with your concerns and questions. *[U.S. Residents only]* [Click here on Fridays to see if an IM session is available.](#)”

Retrieved from <http://www.thetrevorproject.org/>
Toll-Free: 1-866-4-U-TREVOR (1-866-488-7386)
Main website: <http://www.thetrevorproject.org/>

References

1. Pace University Counseling Center (2009). Get in the Know: Suicide Prevention for Lesbian, Gay, Bisexual, and Transgendered College Students. Retrieved from http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/LGBT_Suicide.pdf
2. D'Augelli, A. R. (1993). Preventing mental health problems among lesbian and gay college students. *The Journal of Primary Prevention, 13*, 245-261.
3. Pace University Counseling Center (2009). Project OPEN Fact Sheet LGBTQ Students. Retrieved from <http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Project-OPEN-fact-sheet-LGBTQ.pdf>
4. American Association of Suicidology (2010). The Risk Factors for Suicide. Retrieved from <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>
5. O'Connor, R. C. (2007). The relations between perfectionism and suicidality: A systematic review. *Suicide and Life-Threatening Behavior, 37*, 698-714.

