



Connect. Accept. Respond. Empower
How to Support LGBTQ Youth

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The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) youth.



OUTLINE

- Overview of The Trevor Project
- Why The Trevor Project?
- Risk Factors
- Warning Signs
- How to Help
- Promoting Resiliency
- Improving Levels of Care
- Questions

RESOURCES FOR YOUTH



The Trevor Lifeline is the nation's only 24/7 suicide prevention and crisis intervention lifeline for LGBTQ youth.

Available 24/7
866.488.7386

RESOURCES FOR YOUTH



TrevorChat is a free, confidential, secure instant messaging service that provides live help with non-suicide related crises at [TrevorChat.org](https://www.TrevorChat.org).

Available Every Day
3pm – 9pm EST

RESOURCES FOR YOUTH



TrevorSpace is a safe, secure, social networking site for LGBTQ youth and their allies designed to decrease isolation and promote resiliency.

[TrevorSpace.org](https://www.trevorspace.org)

RESOURCES FOR YOUTH

TREVOR *education* lifeguard workshop

The Lifeguard Workshop uses age-appropriate curriculum to educate young people about self-care, the warning signs of suicide, and how to help a friend in crisis.

[TheTrevorProject.org/YouthEducation](https://www.thetrevorproject.org/youtheducation)

RESOURCES FOR ADULTS

TREVOR *education*

Trevor Education provides trainings on suicide prevention and LGBTQ cultural competency, access to online simulations and resources to be mailed or downloaded.

[TheTrevorProject.org/Resources](https://www.thetrevorproject.org/resources)

WHY THE TREVOR PROJECT?

Challenges Facing LGBTQ Youth

THE **TREVOR** PROJECT

WHY WE'RE HERE

THE
FACTS

4x

LGB youth are 4 times more likely to have attempted suicide than their heterosexual peers.

THE **TREVOR** PROJECT

(2011 CDC, "Sexual Identity, Sex of Sexual Contacts, and Health-Risk Behaviors Among Students in Grades 9-12").

WHY WE'RE HERE

THE
FACTS

8x

LGB youth who come from highly rejecting families are up to 8 times more likely to attempt suicide than LGB youth who come from accepting families.

THE **TREVOR** PROJECT

WHY WE'RE HERE

THE
FACTS

41%

of transgender people reported
attempting or seriously considering
suicide.

Source: "Injustice at Every Turn" National Gay and Lesbian Task Force Report, 2011

THE **TREVOR** PROJECT

WHY WE'RE HERE

THE
FACTS

40%

Out of an estimated 1.6 million homeless youth, as many as 40% identify as LGBTQ.

THE **TREVOR** PROJECT

(2009 Family Acceptance Project™).

WHY WE'RE HERE

THE
FACTS

More than

35,000

calls to the Trevor Lifeline
a year.

THE **TREVOR** PROJECT

CASE STUDY FROM ASK TREVOR

I feel like I am at war with my body. When I started really noticing my feelings for boys in 7th grade, I pushed them down. They eventually got the best of me and I had a really bad breakdown in the middle of my 8th grade year. It brought me into a severe depression and I am a Sophomore now and I am always in and out of them. I feel like me liking boys is so unnatural. It literally kills me inside when I have these feelings. I have tried everything; counseling, self-help books, talking with peers. Nothing is helping rid me of these feelings. I am having a hard time accepting myself.

Signed,
Sam



TOP TEN THINGS

THE **TREVOR** PROJECT

RISK FACTORS + WARNING SIGNS

LGBTQ Youth and Suicide

THE **TREVOR** PROJECT

RISK FACTORS

LGBTQ
YOUTH



Understanding Suicide Risk

Risk Factors: “A risk factor is a trait, attribute, or characteristic that is associated with suicide.”

-**Chronic Risk Factors:** Risk factors that increase risk over one’s lifetime

-**Acute Risk Factors:** Risk Factors associated with greater risk in the near-term. Also called **Warning Signs**.

Protective Factors: Factors that reduce the likelihood of suicide. They enhance resilience and may serve to counterbalance risk factors.

Adolescent Suicide:2008 Update(2008)American Association of Suicidology

General Risk Factors

- Psychological State
- Emotional State
- Affective Disorders
- Accessibility to Firearms
- Homelessness
- Family Crisis
- Academic
- Loss of a Loved One
- Risky Sexual Behavior
- Victimization
- History of Suicide in the Family

RISK FACTORS

LGBTQ
YOUTH

- Gender Non-Conformity
- Coming Out Issues
- Rejection when Coming Out
- Coming Out at a Young Age
- Gay-Related Victimization
- Unique Developmental Stressors

WARNING SIGNS OF SUICIDE

- Having a Plan for Suicide and the Means to Carry it Out
- Able to Describe Formulated Plan
- Expressing Suicidal Feelings
- Making Final Arrangements
- Signs of Depression
- Change in Regular Behavior
- Alcohol or Drug Use Increases
- Increased Isolation

HOW CAN YOU HELP?

- Listen
- Accept the person's feelings
- Do not be afraid to talk about suicide directly
- Ask if they have a plan
- Remove anything dangerous
- Express your concern
- Connect them to the appropriate resource

Respond to Keep Youth Safe

Listen, Accept, and Acknowledge

“I’m concerned about you and I want to check in”

“I hear you saying you feel really alone right now”
“It sounds like you are going through a very hard time”



Talk about Suicide Directly

“Are you thinking about suicide?”



Ask about a Plan and Remove Anything Dangerous

“Have you thought about how you would do it”

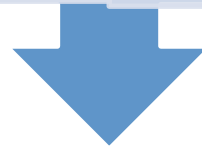
“Do you have the gun with you now?”

Respond to Keep Youth Safe

Express Your Concern

“I am concerned about you”

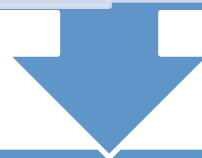
“We are in this together”
“We are going to get through this”



Empower the Young Person to Get Help

“Who else should know the things you have shared with me?”

“Do you have a counselor at school or maybe your doctor that you could talk to?”



Connect With an Appropriate Resource

“Let’s call the Trevor Lifeline.”

“Let’s walk to the guidance counselor together and talk more about these feelings.”

How do we become a
safe person for LGBTQ
youth to
talk to?

PROMOTING RESILIENCY IN ALL YOUTH

- Effective Clinical Care
- Easy Access to Care
- Restricted Access to Highly Lethal Means of Suicide
- Strong Connections
- Artistic, Athletic or Academic Talent
- Medical and Mental Health Care
- Skills in Problem Solving

PROMOTING RESILIENCY IN LGBTQ YOUTH

- Family, Community and School Support
- Positive Media Representations
- LGBTQ or LGBTQ-Friendly Social and Support Networks
- Development of Coping Mechanisms

IMPROVING LEVELS OF CARE

Creating Safer Spaces for LGBTQ Youth
Clients

THE **TREVOR** PROJECT

RECOMMENDATIONS

- It is NEVER our place to tell a young person when, whether, where, or how to come out.
- Remember the heightened need for confidentiality.
- Use more inclusive questions and examples.

RECOMMENDATIONS

ONE

supportive adult in an environment
can decrease an LGBTQ youth's
risk for
suicide by 30%

RECOMMENDATIONS

1. Establish yourself as someone safe to talk to:
 - Signal that you are welcoming to LGBTQ people
 - office signs
 - intake paperwork
 - interview questions
 - Indicate supportive concern for mental health
 - ask about mental health and suicide directly
 - listen carefully
 - respond with empathetic reflection

RECOMMENDATIONS

2. Assess level of risk:

- Ask if they have a plan
- Ask if they have means to carry out the plan
- Ask if they have intent
- Assess for other risk factors
 - number of suicide attempts
 - substance use/abuse
 - psychological state
 - etc.

RECOMMENDATIONS

3. Intervene as appropriate:

- If at immediate risk, arrange immediate care
 - can maintain confidentiality for LGBTQ identity
- If not at immediate risk
 - express concern
 - identify network of care givers and referrals
 - collaboratively establish safety plan
 - facilitate patient connecting with resources
 - remove potential means of self-harm
 - check-in with client days later

RECOMMENDATIONS

4. Educate yourself and others

- Create policies and protocols that ensure the support of ALL youth, regardless of sexual orientation or gender identity.
- Provide professional development trainings that increase staff competency on LGBTQ youth.

QUESTIONS

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