



The Mental Health of Transgender and Nonbinary Young People

The National Academies of Sciences, Engineering, and Medicine



The Trevor Project is the leading suicide prevention organization for LGBTQ young people.

Our mission is to end the public health crisis of suicide among LGBTQ young people.



Gender Identity Development

- Biological theories
- Socialization theories
- Cognitive theories

Typical Developmental Milestones

- Age two: aware of physical differences
 - Before age three: label themselves
- By age four: aware of stability of gender identity

2022 National Survey on LGBTQ Youth Mental Health

Nearly 34,000 LGBTQ youth ages 13 -24 in the United States

- 45% LGBTQ youth of color
- 48% transgender or nonbinary

Our fourth annual national survey is one of the most diverse surveys of LGBTQ youth ever conducted.

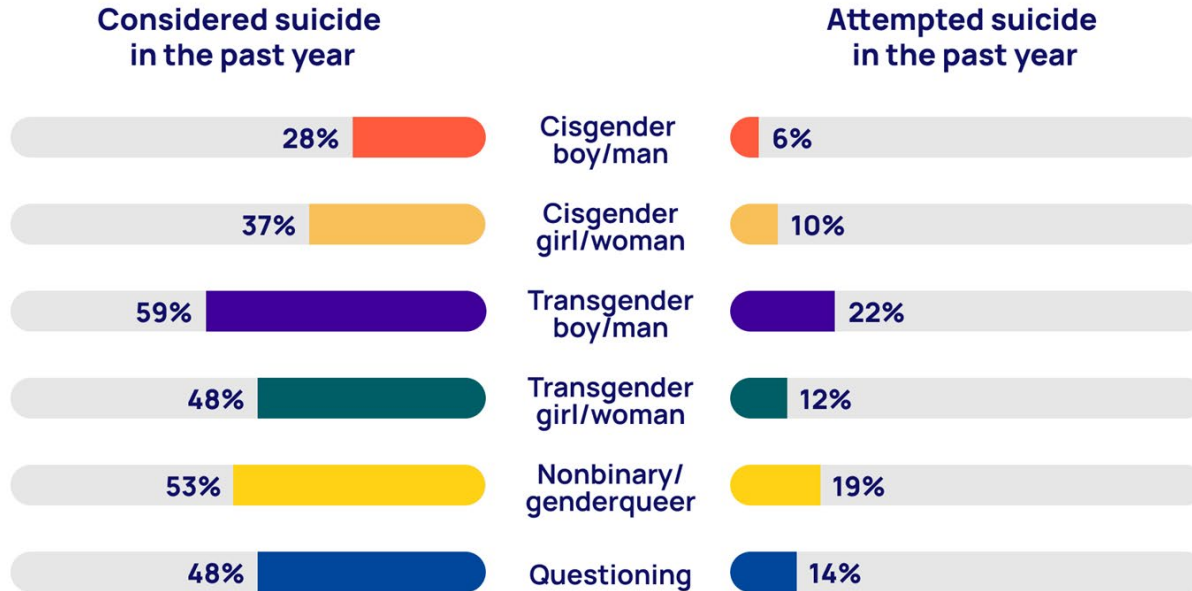


Transgender and nonbinary young people are not inherently prone to suicide risk because of their gender identity but rather placed at higher risk because of how they are mistreated and stigmatized in society.

Suicide Risk

- 45% of LGBTQ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth.
- 14% of LGBTQ youth attempted suicide in the past year, including nearly 1 in 5 transgender and nonbinary youth.

Segmented by Gender Identity

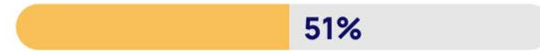


Segmented by Gender Identity

Experienced symptoms of anxiety

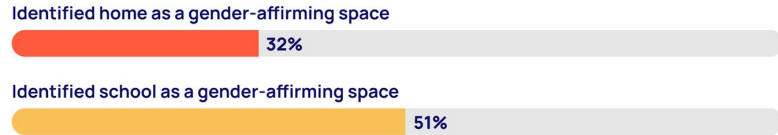


Experienced symptoms of depression



The Importance of Affirming Spaces

Transgender and nonbinary youth who identified home or school as a gender-affirming space

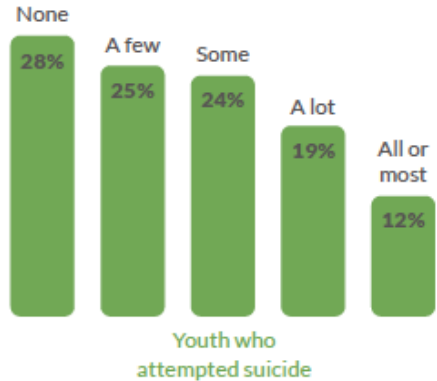


Transgender and nonbinary youth who attempted suicide in the past year, comparison across access to gender-affirming spaces



Affirming gender identity is consistently associated with lower rates of suicide attempts among transgender and nonbinary youth.

Youth who attempted suicide, comparison of number of people who respected their pronouns:



Only 1 in 5 transgender and nonbinary youth reported having their pronouns respected by all or most of the people in their lives, including **less than one in ten** among those who primarily identified as nonbinary.

Reported Sources of Joy

Therapy & medication

Gender-affirming clothing

Family & parental support

The LGBTQ community

Accepting & affirming friends

Hope & excitement for the future

Happy LGBTQ elders & married couples

Online communities & support

Learning about LGBTQ history

Faith & spirituality

Music (BTS, Lil Nas X, etc)

Partners/falling in love

Cishet allies

Learning I'm not alone and there are more people like me

Protective laws/victories for LGBTQ rights

Supportive teachers

Having a safe space to express gender, gender identity, and sexuality

All gender restrooms

Queer role models

Pets/Animals

Taking care of younger siblings

Art, art expression, art therapy/crafting/drawing

Video games/gamer community

LGBTQ clubs on campus

Athletics & Exercise

Going to college

Drag shows

Dance

Living as their authentic self

Escapism/fantasy/fandom

Gender-affirming hormones

Financial stability

LGBTQ celebrities, influencers & representation in media

Self-love & acceptance

Cooking