



## Being an Ally to LGBTQ+ Youth

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Mental health concerns continue to rise throughout the United States; especially among members of marginalized communities. The [Trevor Project's 2024 National Survey on LGBTQ+ Youth Mental Health](#) indicated that 66% of the respondents reported recent symptoms of anxiety, while 53% reported recent symptoms of depression. Even more alarming was the report that 39% had seriously considered suicide within the past year. Those who identified as transgender and non-binary reported even higher rates of distress. Fortunately, the data also indicated that supportive environments significantly improve the mental health of LGBTQ+ children and youth. There are many ways you can help this happen:

- **Educate Yourself:** Learning about the experiences of LGBTQ+ children and youth can help you understand the kinds of support and acceptance they need. Organizations such as [PFLAG](#) and [The Trevor Project](#) offer useful resources for parents and educators.
- **Show Acceptance:** Look for opportunities to demonstrate respect and acceptance for people of any gender identity and sexual orientation, especially when you are around young people. This provides them with a role model and lets them know you are a safe person to talk with about their questions and concerns.
- **Use Inclusive Language:** Mislabeled an individual can cause unintentional harm. If you're not sure which pronouns to use, ask the person or use neutral terms such as *they/them*. Additional information is available at [Gender Spectrum](#).
- **Provide Resources:** Young people need reliable sources of information about gender identity and sexual orientation, as well as support from their peers. [The Trevor Project](#) and [It Gets Better](#) are great places to start.
- **Promote Change:** Use your voice to advocate for LGBTQ+ children and youth, and to promote inclusivity in your community. The [Human Rights Campaign](#) provides information and support for advocates nationwide.

*Talk to someone who can help! To find a licensed psychologist near you, use PPA's Psychologist Locator at <https://www.papsy.org/locator>. For information on other mental health topics, go to <https://www.papsy.org>, then "Resources" and then "Public Resources". PPA offers these articles for informational purposes only; they are not a substitute for professional diagnosis and treatment.*