

LGBTIQ+ and Mental Health

LGBTIQ+ stands for lesbian, gay, bisexual, trans, intersex, queer or questioning. We have used the term LGBTIQ+ here, but we acknowledge this doesn't cover all the ways people define their gender or sexuality.

Most people are unaware that the LGBTIQ+ community is more likely to face mental health issues, such as:

Anxiety

Depression

Low Self-Esteem

Being LGBTIQ+ does not cause mental health issues, but the adverse experiences that many LGBTIQ+ individuals face (such as the below) increase the likelihood.

Stigma and
discrimination

Bullying and
harassment

Imposter
syndrome

Negative biases and
marginalisation

Social isolation, exclusion
and rejection

44%

of individuals in the lgbtiq+ community felt suicidal, compared to 26% of heterosexual non-trans¹

Those in the **LGBTIQ+** community have the **highest reports of bullying in schools¹**

Almost
50%

of trans people have thought about taking their own life¹

So, What Can You Do? (In and out of the workplace)

Take LGBTIQ+ discrimination seriously

If you witness a hate crime or bullying, report it to your line manager or HR.

Listen and respect the language people use

This goes for their gender, identity, sexual orientation and relationships.

Avoid making assumptions about someone's sexual orientation or gender identity

Instead, consider using gender-neutral terms such as "partner".

Talk about LGBTIQ+ issues among family and friends

This helps create an open and welcoming environment for everyone, regardless of their sexual orientation or identity.

1. Stonewall, 2018