



What to do if a young person needs help:

- Talk to the youth, and ask them what is going on
- Offer hope
- Know the available resources
- Call a crisis center, 911, or take the youth to your local emergency department
- Encourage the teen to contact a supportive service like those listed below, this will provide a professional to talk with them while waiting for emergency services
- Do NOT leave the child/teen alone

Ask for Help:



Maine Crisis Hotline:
(888) 568-1112



**National Crisis
Text Line:**
741741



Drive:
**To your local
Emergency Dept.**

THE TREVOR PROJECT
(866) 488-7386



Acadia Hospital

EMHS MEMBER

CARES Child-Adolescent Resource
and Educational Series

LGBTQ Youth

Acadia Hospital CARES is a video project dedicated to educating the community about several important topics relevant to youth mental health. The aim of the series is to provide information about prevention and resources, to start conversations with the broader adult community, especially parents and educators, about how to address symptoms they may see and talk with youth directly about their mental health needs.



(800) 640-1211 • (207) 973-6100
268 Stillwater Avenue • PO Box 422
Bangor, Maine 04402-0422
www.acadiahospital.org



Terms to Know

(adapted from *The Trevor Project*)

Bisexual (B)

Attracted to men and women, or more than one gender identity

Cisgender

Identifies with sex assigned at birth

Gay (G)

Attracted to same sex/gender

Gender

Society's idea of what genders are "supposed" to be, or how they act

Gender Expression

How one expresses gender identity

Gender Identity

Internal and personal sense of what our gender is

Gender

Non-Conforming

One whose gender expression is, or appears different from what we would expect from their assigned gender

Lesbian (L)

A woman who is predominantly attracted to other women

Sexual Orientation

Physical, romantic, emotional, and/or spiritual attraction to another

Transgender (T)

Gender identity does not "match" sex/gender assigned at birth

Transitioning

The social/legal/medical process to make gender identity fit gender expression, presentation, or sex

Queer (Q)

A once negative term inclusive of people who are not straight and/or cisgender

Questioning (Q)

One who may be processing or questioning their sexual orientation and/or gender identity

Things to consider if a young person you know is in need of help...

If a child or adolescent you know is struggling and has come to you for help, you can take steps to assist them achieving a healthy, happy outcome and lifestyle. Below are some important facts about LGBTQ Youth that can help you determine if they may need a higher level of help.

Scope of the Problem:

In Maine, **24%** of LGBTQ high school students report that they have attempted suicide within the past 12 months. This is almost **4x** the rate of suicide attempt for heterosexual students.

There are an estimated **1.7 million** homeless teens in the United States. Upwards of **40%** of these youth identify themselves as LGBTQ.

LGBTQ youth who reported higher levels of family rejection are **8.4x** more likely to attempt suicide than those who experienced little or no family rejection.



Parents: Responding To Your Child Coming Out To You

- Remind them that you love them unconditionally
- Listen and ask open-ended questions (including what their preferred pronouns are for their identity)
- Take them seriously; don't call it a "phase" or something they will outgrow
- Try not to focus on the "why" or possible causes; research continues to show that LGBTQ individuals are born with these identifications, just as heterosexual and cisgender people are
- Don't shy away from asking about their safety; ask the important questions about suicidal thoughts or feelings
- Remind them that they are not alone
- Commit to finding resources and learning together, as a family

Families, Educators and Providers: Be An Ally

- Make sure your environment is safe, welcoming and affirming 100% of the time
- Educate yourself and find resources to keep in your school or work space
- Make sure your language (even when joking) is respectful and inclusive
- Watch movies or TV shows with LGBTQ characters on them and keep a dialogue going
- Be there to answer questions, offer support, or give a shoulder to cry on when needed
- Display pictures of LGBTQ role models in your classroom and office
- Offer the youth hope whenever possible
- Integrate LGBTQ historical figures in your curriculum
- Don't make assumptions (asking boys if they have a girlfriend or vice versa)
- Commit to making your space free from bullying, hate speech, or discrimination
- Offer to help get a GSA (Gay Straight Alliance or Gender Sexuality Alliance) started in your school
- Donate to LGBTQ causes if you can, volunteer at your local homeless shelter or offer to take part in your community's Pride celebration every June