

LGBTQ BEHAVIORAL HEALTH

HOW THE ORLANDO SHOOTINGS CAN BROADLY IMPACT THIS COMMUNITY

We will witness trauma in the LGBTQ community—nationwide—as a result of the recent Orlando shootings. Many LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning) individuals experience more than one hate crime in their life; often, they experience many. They may have also experienced a range of life experiences that contribute to a traumatic response, or even posttraumatic stress disorder (PTSD). The Orlando shootings can retraumatize LGBTQ individuals with histories of trauma — whether they were directly involved or not. Pulse was a safe place for many and to witness — personally or from afar — that safety shattered can be traumatizing.

VIOLENCE AGAINST LGBTQ INDIVIDUALS AND MENTAL HEALTH

Antigay crimes have greater mental health impact on LGBTQ people than similar crimes not related to bias, and bias-crime victimization may have short- or long-term consequences, including posttraumatic stress disorder (PTSD).

The risk of PTSD in general is 4% for men and 10% for women. Among LGBTQ individuals, the risk is doubled: 9% for men and 20% for women.

LGBTQ individuals are up to 200% more likely to experience violent events and two-times more likely to develop PTSD as a result.

LGBTQ individuals who experience trauma and sexual discrimination have an increased likelihood of engaging in suicidal and non-suicidal self-injury.

LGBTQ adults are more likely to have experienced childhood maltreatment, interpersonal violence, trauma to someone close and unexpected death of someone.

Gender variant students who experience victimization due to sexual orientation status are at a greater risk for developing PTSD later in life.

The LGBTQ community is targeted for hate crimes more than any other minority group.

LGBTQ youth are nearly twice as likely to be bullied (e.g., being called names, verbally harassed or physically assaulted) at school.

The percentage of LGBTQ students who were threatened or injured with a weapon on school property grew from 12% in 2001 to 28% in 2009.

In states in which there are clear antidiscrimination and anti-hate crime laws, LGBTQ people have lower prevalence of mental illnesses than LGBTQ people in states without these protections.

45% of LGBTQ youth of color experience physical violence related to their sexual orientation.

36.2% are physically harassed (e.g., pushed or shoved) because of their sexual orientation and 22.7% because of their gender expression. 16.5% are physically assaulted (e.g., punched, kicked, injured with a weapon) because of sexual orientation and 11.4% because of gender expression.

56.7% of LGBTQ students who were harassed or assaulted in school did not report the incident to school staff, usually because they doubted that any effective intervention would be made or the situation could worsen. 61.6% of the students who did report an incident said school staff did nothing in response.