Mental health: lesbian, gay, bisexual & trans people

Changing the Mind-set … Exploring the Journey from Research to Practice: a Joint Research Symposium

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Young LGBT people who have attempted or taken their lives

Dominic Crouch aged 15

Michael Morones 11

Ayden Keenan-Olson, 14
Lizzie Lowe aged 14

Lucy Meadows teacher in Accrington Lancashire

Jamey Rodemeyer aged 14

GP, Nazim Mahmood aged 34
Mental health problems

- Twice as likely to attempt suicide;
- 1.5 times greater risk for depression and anxiety disorders (over 12 months/ lifetime);
- 1.5 times increase in substance dependence;
- LB at risk of substance dependence;
- Lifetime prevalence of suicide attempt was especially high in gay and bisexual men.

Mental health and LGBT people

- Mental health and well being
- Self harm
- Depression and anxiety
- Suicide

- Children and adolescent mental health;
- Adult mental health services
- Mental capacity
- Dementia care
Association between sexual orientation and discrimination

- Discrimination on grounds of sexuality common for LGB people;
- Discrimination – greater likelihood of OCD
- More likely to seek help for mental distress (Chakraborty et al. 2011)
Trans mental health study

- My gender identity was treated as a symptom of a mental health issue rather than my genuine identity 29%
- I was asked questions about my sexual behaviour that I felt were irrelevant and that made me uncomfortable 26%
- I was given advice or suggestions by a mental health provider that I thought were inappropriate 20%
- I was asked questions about my body that I felt were irrelevant and made me uncomfortable 18%
A bit of history.....

- Only removed from the *Diagnostic and Statistical Manual (DSM)* in 1991;
- Considered a disease by the WHO until 1993;
- Being trans is still included in the DSM-5 as gender dysphoria replacing GID;
- Association with disease ‘section 28’ LGA 1988;
- 2010 UK Equality Act;
Preventing suicide: cross government strategy 2012

Area 2: Tailor approaches to improve mental health in specific groups

- lesbian, gay, bisexual and transgender people;
- Staff in health and care services, education and the voluntary sector need to be aware of the higher rates of mental distress, substance misuse, suicidal behaviour or ideation and increased risks of self-harm amongst lesbian, gay and bisexual people, as well as transgender people.
Reading

Social work and lesbian, gay, bisexual and trans people
Making a difference

JULIE FISH

LESBIAN, GAY, BISEXUAL AND TRANS HEALTH INEQUALITIES

INTERNATIONAL PERSPECTIVES IN SOCIAL WORK

Edited by Julie Fish and Kate Karban
Reading


Bailey, L. et al. (2012) Trans Mental Health Study


http://jpubhealth.oxfordjournals.org/cgi/content/full/fdu105?ijkey=WVf8BccNSf1n9M&keytype=ref
Reading

- [http://www.theguardian.com/world/2015/feb/03/teachers-trained-tackle-homophobic-bullying-labour](http://www.theguardian.com/world/2015/feb/03/teachers-trained-tackle-homophobic-bullying-labour)
- Michael King, PACE, Metro