



**SNAPSHOT OF MENTAL HEALTH AND SUICIDE  
PREVENTION STATISTICS FOR LGBTI PEOPLE**

**February 2020**



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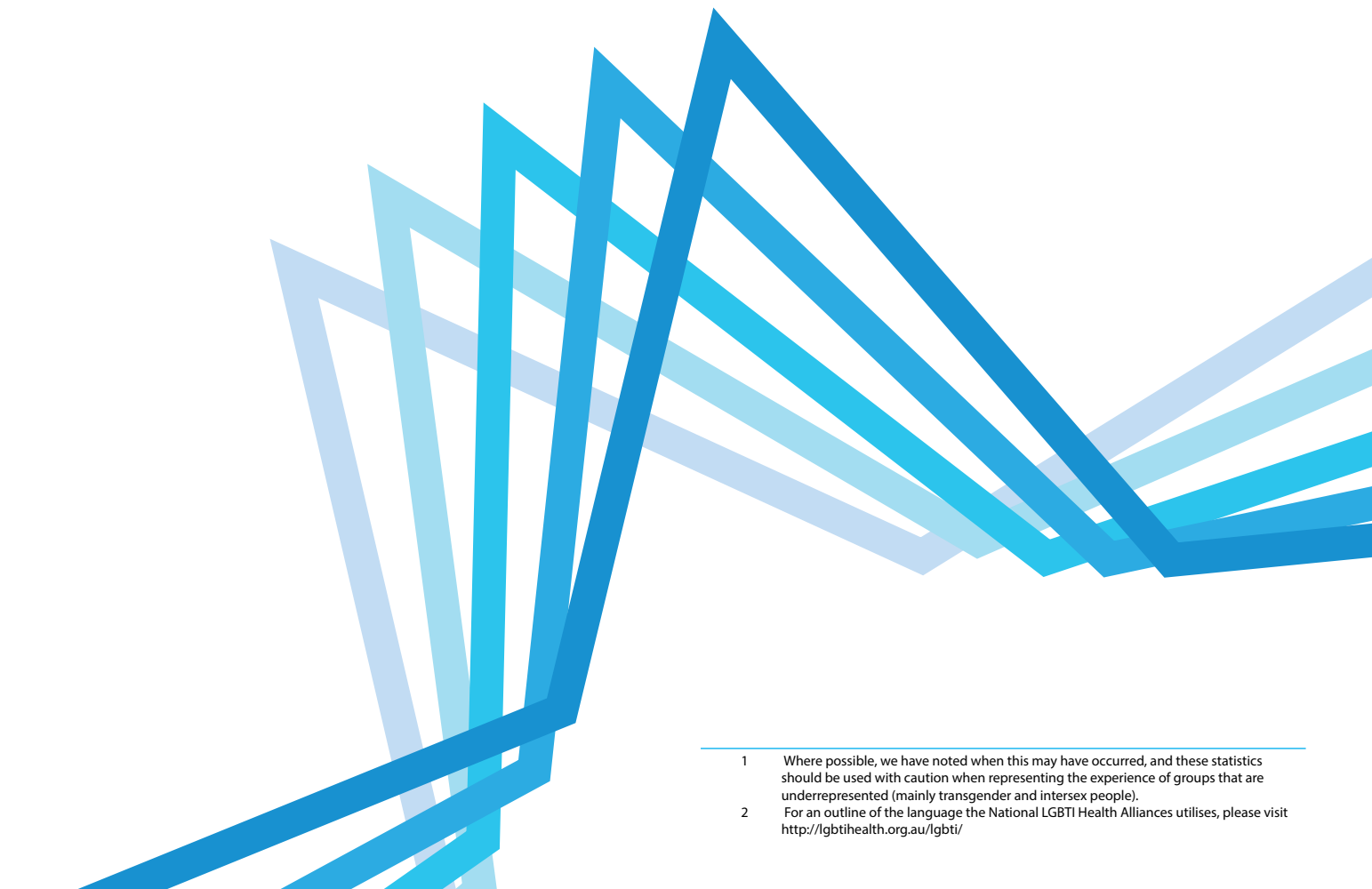
February 2020

Although many lesbian, gay, bisexual, transgender and intersex (LGBTI) Australians live healthy and happy lives, research has demonstrated that a disproportionate number experience poorer mental health outcomes and have higher risk of suicidal behaviours than their peers. These health outcomes are directly related to experiences of stigma, prejudice, discrimination and abuse on the basis of being LGBTI. This document aims to provide a snapshot of what is known of the current mental health and wellbeing outcomes of LGBTI people in Australia.

While Australian and international research provide evidence that demonstrate significant concern regarding mental health outcomes and suicidal behaviours among LGBTI people, significant knowledge gaps remain. This is due to lack of inclusion of sexual orientation, gender identity and intersex status in population research<sup>i</sup> and data collection in mental health services<sup>ii</sup>. As data informs evidence-based policy, this exclusion has led to inaccuracy in reporting and significant underestimates, which in turn impacts on LGBTI inclusion in mental health and suicide prevention policies, strategies and programmes.

Consequently, Australian national evidence on the health and wellbeing of LGBTI populations relies upon a growing but limited number of smaller scale studies that target LGBTI populations, or part thereof. While uniquely valuable, these can have methodological issues relating to representative data collection and data analysis, and therefore may not represent a holistic picture of LGBTI people<sup>iii</sup>. Additionally, research that groups LGBTI people into a single group for analysis risks conflation and reaching conclusions that are not representative<sup>1</sup>.

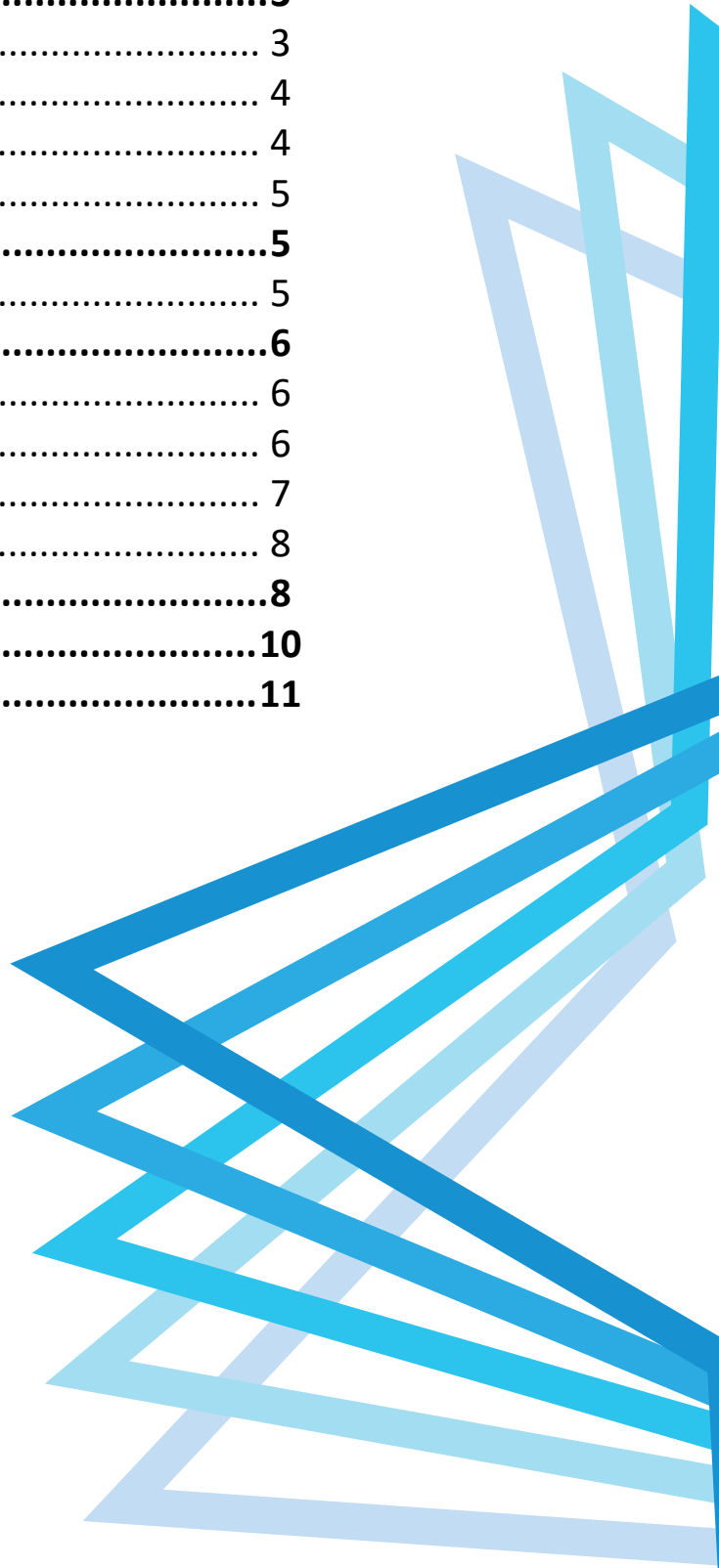
This document includes a range of language beyond that typically used by the National LGBTI Health Alliance<sup>2</sup>. This is to directly reflect the terminology and classifications used by the various research papers used as source data in this document. Across this research, there is often little uniformity of demographic information or definitions of mental health concerns that supports direct comparison between LGBTI populations and the general population. We urge the reader to consider this broader context in which adequately estimating the mental health outcomes and suicidal behaviours for LGBTI populations remains highly challenging.



1 Where possible, we have noted when this may have occurred, and these statistics should be used with caution when representing the experience of groups that are underrepresented (mainly transgender and intersex people).  
2 For an outline of the language the National LGBTI Health Alliances utilises, please visit <http://lgbtihealth.org.au/lgbti/>

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# SUICIDIALITY

## Suicide Attempts<sup>3</sup>

Compared to the general population, LGBTI people are more likely to attempt suicide in their lifetime, specifically:

- LGBTI young people aged 16 to 27 are five times more likely
- Transgender people aged 18 and over are nearly eleven times more likely
- People with an intersex variation aged 16 and over are nearly six times more likely
- LGBT young people who experience abuse and harassment are more likely to attempt suicide

### Statistics for LGBTI populations

- 16% of LGBTI<sup>4</sup> young people aged 16 to 27 reported that they had attempted suicide<sup>iv</sup>
- 27.8% of bisexual<sup>5</sup> people aged 18 and over reported having attempted suicide<sup>v</sup>
- 48.1% of transgender and gender diverse<sup>6</sup> people aged 14 to 25 have attempted suicide in their lifetime<sup>vi</sup>
- 19% of people with an intersex variation aged 16 and over had attempted suicide on the basis of issues related to their intersex status<sup>vii</sup>
- 8% of Same-Gender Attracted and Gender Diverse young people between 14 and 21 years had attempted suicide, 18% had experienced verbal abuse, and 37% of those who experienced physical abuse<sup>viii</sup>

### Statistics for the General Population

- 3.2% of people (4.4% females; 2.1% males) aged 16 and over have attempted suicide in their lifetime; 0.4% of general population (0.5% females; 0.3% males) in the last 12 months<sup>ix</sup>
- 1.1% of people (1.7% females; 0.5% males) aged 16 to 24 have attempted suicide in the past 12 months<sup>x</sup>
- 2.4% of people (3.4% females; 1.5% males) aged 12 to 17 have attempted suicide in the past 12 months<sup>xi</sup>

## Suicide Ideation

Compared to the general population, LGBTI people are more likely to have thoughts of suicide, specifically:

- Lesbian, gay and bisexual people aged 16 and over are over six times more likely
- Transgender people aged 18 and over are nearly eighteen times more likely
- People with an intersex variation aged 16 and over are nearly five times more likely
- LGBT young people who experience abuse and harassment are even more likely to have thoughts of suicide

### Statistics for LGBTI Populations

- 15.15% of LGBTI<sup>7</sup> people aged 16 and over reported current thoughts of suicide in the past two weeks<sup>xii</sup>
- 77.6% of bisexual<sup>8</sup> people aged 18 and over reported having thoughts of suicide in their lifetime<sup>xiii</sup>
- 41% of transgender people and non-binary people aged 18 years and over reported thoughts of suicide or self-harm in the last two weeks<sup>xiv</sup>
- 60% of people with an intersex variation aged 16 and over had thoughts about suicide on the basis of issues related to having congenital sex variation<sup>xv</sup>
- 22% of Same-Gender Attracted and Gender Diverse young people between 14 and 21 years have thoughts of suicide, which increases to 30% for those who have experienced verbal abuse and to 60% who have experienced physical abuse<sup>xvi</sup>

### Statistics for the General Population

- 13.3% of the general population (15% females; 11.5% males) aged 16 and over in Australia have had suicidal ideation in their lifetime; 2.3% of general population (2.7% females; 1.8% males) in the last 12 months<sup>xvii</sup>
- 3.4% of the general population (1.7% of males and 5.1% of females) aged 16 to 24 in Australia have had suicidal ideation in the past 12 months<sup>xviii</sup>

3 Note: the majority of research targeting adult LGBTI populations in Australia has not included questions regarding if participants have attempted suicide

4 Note: of 1032 survey participants, only three young people identified as having an intersex variation

5 Note: of 2651 survey participants, 20.4% were male and 79.6% were female. Transgender and gender diverse people were not included in the analysis

6 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex

7 Note: of 5467 survey participants, only 1.8% identified as transgender, and 0.3% identified as having an intersex variation

8 Note: of 2651 survey participants, 20.4% were male and 79.6% were female. Transgender and gender diverse people were not included in the analysis

## MENTAL HEALTH OUTCOMES

### Mental Health Disorders<sup>13</sup>

Compared to the general population, LGBT people are more likely to experience and be diagnosed with a mental health disorder, specifically:

- Lesbian, gay and bisexual people are twice as likely to have symptoms that the criteria for a mental health disorder in the past 12 months
- LGBT people are twice as likely to be diagnosed and treated for mental health disorders

#### Statistics for LGBTI Populations

- 41.4% of homosexual/bisexual people aged 16 and over met the criteria for a mental disorder and had symptoms in the last 12 months<sup>xxv</sup>
- 37.2% of LGBT people aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years<sup>xxvi</sup>

#### Statistics for the General Population

- 20% of people (22.3% female; 17.6% male) aged 16 and over met the criteria for a mental disorder and had symptoms in the last 12 months<sup>xxvii</sup>

### Self-Harm<sup>9</sup>

Compared to the general population, LGBTI people are more likely to have engaged in self-harm in their lifetime, specifically:

- LGBT young people are nearly twice as likely to engage in self-injury
- Transgender people are six and a half times more likely
- People with an intersex variation are three times more likely
- LGBT young people who experience abuse and harassment are even more likely to have self-harmed

#### Statistics for LGBTI Populations

- 33% of LGBTI<sup>10</sup> young people aged 16 to 27 reported having self-harmed, 41% had thoughts of harming themselves<sup>xix</sup>
- 53% of transgender people aged 18 and over<sup>11</sup> have self-harmed in their lifetime, 11% currently self-harming<sup>xx</sup>
- 79.7% of transgender and gender diverse<sup>12</sup> people aged 14 to 25 have self-harmed in their lifetime<sup>xxi</sup>
- 26% of people with an intersex variation aged 16 and over have self-harmed on the basis of issues related to having a congenital sex variation, 42% have had thoughts about self-harm<sup>xxii</sup>
- 18% of Same-Gender Attracted and Gender Diverse young people between 14 and 21 years have self-harmed, which increases to 32% for those who have experienced verbal abuse, and to 54% for those who have experienced physical abuse

#### Statistics for the General Population

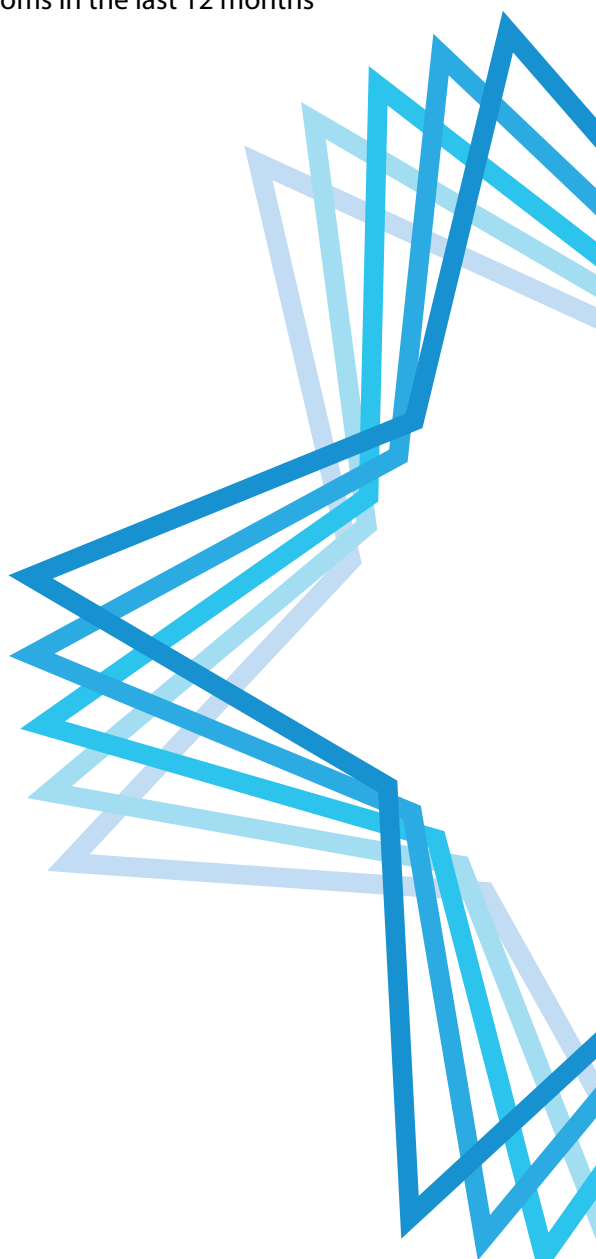
- 8.1% of people (8.7% females; 7.5% males) aged 16 and over have engaged in self-injury in their lifetime; and 1.1% of people (1.2% females; 1% males) in the past four weeks<sup>xxiii</sup>
- 14.1% of people (16.6% females; 11.6% males) aged between 15 and 19; and 21.25% of people (24.4% females; 18.1% males) aged between 20 and 24 have engaged in self injury in their lifetime<sup>xxiv</sup>

9 Note: the majority of research targeting adult LGBTI populations in Australia has not included questions regarding if participants have engaged in self-harm

10 Note: of 1032 survey participants, only 3 young people identified as having an Intersex variation

11 Scottish research of participants in the UK

12 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex



## Depression

Compared to the general population, LGBTI people are more likely to experience and be diagnosed with depression, specifically:

- Lesbian, gay and bisexual people aged 16 and over are nearly six times more likely to currently meet the criteria for a depressive episode
- LGBTI people aged 16 and over are nearly three times more likely to diagnosed with depression in their lifetime
- Transgender people aged 25 and under are nearly ten times more likely to be diagnosed with depression in their lifetime
- Gender diverse people aged 18 and over are nearly five times more likely to be diagnosed with depression in their lifetime
- People with an intersex variation are nearly twice as likely to be diagnosed with depression

### Statistics for LGBTI Populations

- 24.4% LGBTI people aged 16 and over<sup>14</sup> currently meet the full criteria for a major depressive episode<sup>xxviii</sup>
- 30.5% of LGBT people aged 16 and over<sup>15</sup> have been diagnosed or treated for depression in the last three years<sup>xxix</sup>
- 57.2% of transgender and gender diverse people aged 18 and over have been diagnosed with depression in their lifetime<sup>xxx</sup>
- 74% of transgender and gender diverse<sup>16</sup> people aged 14 to 25 have been diagnosed with depression in their lifetime<sup>xxxi</sup>
- 21.3% of people with intersex variations aged 16 and over have been diagnosed with depression<sup>xxxii</sup>

### Statistics for the General Population

- 11.6% of people (14.5% females; 8.8% males) aged 16 and over have experienced a depressive episode in their lifetime; 4.1% of people (5.1% females; 3.1% males) in the last 12 months<sup>xxxiii</sup>

## Anxiety

Compared to the general population, LGBTI people are more likely to experience and be diagnosed with anxiety, specifically:

- LGB people aged 16 and over are more than twice as likely to currently meet the criteria for an anxiety disorder
- LGB people aged 16 and over are three and a half times more likely to be diagnosed with anxiety in their lifetime
- Transgender people aged 25 and under are ten to thirteen times more likely to be diagnosed with anxiety in their lifetime
- People with an intersex variation aged 16 and over are twice as likely to be diagnosed with anxiety in their lifetime

### Statistics for LGBTI Populations

- 31.5% of homosexual/bisexual people aged 16 and over in Australia met the criteria for an anxiety disorder in the last 12 months<sup>xxxiv</sup>
- 20.3% of LGBTI people aged 16 and over<sup>17</sup> reported that they had been diagnosed with anxiety in their lifetime<sup>xxxv</sup>
- 39.9% of transgender and gender diverse people aged 18 and over have been diagnosed with an anxiety disorder in their lifetime<sup>xxxvi</sup>
- 72.5% of transgender and gender diverse<sup>18</sup> people aged 14 to 25 have been diagnosed with an anxiety disorder in their lifetime<sup>xxxvii</sup>
- 12.9% of people with an intersex variation aged 16 and over reported being diagnosed with anxiety<sup>xxxviii</sup>

### Statistics for the General Population

- 26.3% of people (32% females; 20.4% males) aged 16 and over have had an anxiety disorder in their lifetime; 14.4% of people (17.9% females; 10.8% of males) in the last 12 months (includes Panic Disorder, Agoraphobia, Social Phobia, Generalised Anxiety Disorder (GAD), Obsessive-Compulsive Disorder (OCD), and Post-Traumatic Stress Disorder (PTSD))<sup>xxxix</sup>
- 5.9% of people (7.3% females; 4.4% males) aged 16 and over have had Generalised Anxiety Disorder in their lifetime; 2.7% of people (3.5% females; 2% males) in the past 12 months<sup>xl</sup>

14 Note: of 5467 survey participants, 1.8% identified as transgender, and 0.3% identified as having an intersex variation

15 Note: of 3835 survey participants, 7.41% identified as transgender, and people with an intersex variation were not included in data collection

16 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex

17 Note: of 5467 survey participants, only 1.8% identified as transgender, and 0.3% identified as having an intersex variation

18 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex

## USE OF CRISIS SUPPORT SERVICES

### LGBTI+ People

- 71% of LGBTI+ people<sup>21</sup> aged 16 to 27 indicated that they did not use a crisis support service during their most recent personal or mental health crisis<sup>xlvii</sup>
- 32.6% of LGBTI+ people aged 16 to 27 who had not used a crisis support service during their most recent personal or mental health crisis indicated that their decision was due to anticipated discrimination<sup>xlviii</sup>
- 29% of LGBTI+ people aged 16 to 27 who had not used a crisis support service during their most recent personal or mental health crisis indicated that their decision was due to not thinking that their experience warranted crisis intervention<sup>xlix</sup>
- 28.8% of LGBTI+ people aged 16 to 27 who had not used a crisis support service during their most recent personal or mental health crisis indicated that their decision was due to being unaware of crisis support services or unaware of LGBTI+ specialist services<sup>l</sup>

### Psychological Distress

Compared to the general population LGBTI people experience higher levels of psychological distress, specifically:

- LGBT people score higher on the Kessler Psychological Distress (K10) Scale indicating moderate levels of psychological distress
- LGBT people who have experienced verbal abuse, physical abuse and harassment score higher on the K10 scale indicating high levels of psychological distress

### Statistics for LGBTI Populations

- LGBT people aged 16 and over<sup>19</sup> scored an average K10 score of 19.6, indicating moderate psychological distress<sup>xli</sup>
- LGBT people aged 16 and over who have experienced abuse and harassment scored an average K10 score of 22.83, indicating a high level of psychological distress
- Bisexual<sup>20</sup> people aged 18 and over scored an average K10 score of 24.34, indicating high psychological distress<sup>xlii</sup>
- 7.7% of people with an intersex variation reported being diagnosed with Post-Traumatic Stress Disorder<sup>xliii</sup>

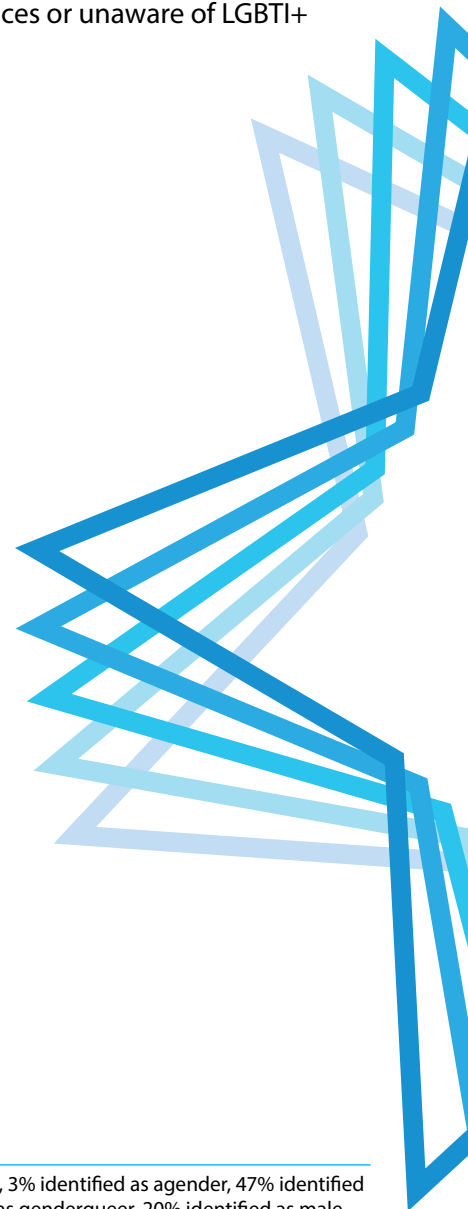
### Statistics for the General Population

- National average K10 score for the general population aged 16 and over in Australia is 14.5 indicating low psychological distress<sup>xliv</sup>
- 70% of the general population aged 16 and over in Australia has a K10 score in the low range, 20% in the moderate range, 7% in the high range and 3% in the very high range<sup>xlv</sup>
- 50.9% of the general population aged 11 and 17 in Australia has a K10 score in the low range, 29.1% in the moderate range, 13.3% in the high range and 6.6% in the very high range<sup>xlvi</sup>

19 Note: of 3835 survey participants, 7.41% identified as transgender, and people with an intersex variation were not included in data collection

20 Note: of 2651 survey participants, 20.4% were male and 79.6% were female. Transgender and gender diverse people were not included in the analysis

21 Note: of 472 participants, 3% identified as agender, 47% identified as female, 8% identified as genderqueer, 20% identified as male, 3% identified as trans-male, 9% identified as trans-female and 10% identified as other. Only one participant identified they were born with an intersex variation.



# DISAGGREGATING LGBTI

## Lesbian and Gay People

The mental health and wellbeing of gay men and lesbian women differs, specifically:

- Lesbian women are more likely to be diagnosed and treated for mental disorder or anxiety, and are more likely to engage in self-harm and attempt suicide than gay men
- Gay men are more likely to have thoughts about suicide, but are less likely to attempt suicide than lesbian women
- Gay men and lesbian women have a similar level of psychological distress

### Population Statistics for Lesbian Women

- 44% of lesbian women aged 16 to 27 reported thoughts about suicide, 20% have attempted suicide<sup>li</sup>.
- 46% of lesbian women aged 16 to 27 reported having self-harmed, 48% reported thoughts about harming themselves<sup>lii</sup>
- 39.1% of lesbian women aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years<sup>liii</sup>
- 31% of lesbian women aged 16 and over reported being diagnosed or treated for anxiety in the last three years<sup>liv</sup>
- Lesbian women aged 16 and over average a K10 score of 19, indicating a moderate level of psychological distress<sup>lv</sup>

### Population Statistics for Gay Men

- 46% of gay men aged 16 to 27 reported thoughts about suicide, 14% have attempted suicide<sup>lvi</sup>.
- 21% of gay men aged 16 to 27 reported having self-harmed, 40% have had thoughts about harming themselves<sup>lvii</sup>.
- 29.8% of gay men aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years<sup>lviii</sup>
- 23.5% of gay men aged 16 and over reported being diagnosed or treated for anxiety in the last three years<sup>lix</sup>
- Gay men aged 16 and over average a K10 score of 18.8, indicating a moderate level of psychological distress<sup>lx</sup>

## Bisexual People

There are differences between the mental health and wellbeing of gay men and lesbian women, and bisexual people, specifically:

- Bisexual people are more likely to be diagnosed and treated for mental disorder or anxiety
- Bisexual people have higher levels of psychological distress
- Gay men and lesbian women are more likely to self-harm, have thoughts about suicide, and attempt suicide

There are also differences between the mental health and wellbeing of bisexual men and bisexual women, specifically:

- Bisexual women are more likely to be diagnosed or treated for a mental disorder or anxiety, to have higher levels of psychological distress, and to self-harm
- Bisexual men are more likely to think about suicide, but both bisexual women and bisexual men have similar rates of suicide attempts

### Statistics for Bisexual Women

- 29% of bisexual women aged 16 to 27 reported thoughts about suicide, 10% have attempted suicide<sup>lxi</sup>
- 30% of bisexual women aged 16 to 27 reported having self-harmed, 31% reported thoughts of harming themselves<sup>lxii</sup>
- 50.6% of bisexual women aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years<sup>lxiii</sup>
- 38.8% of bisexual women aged 16 and over reported being diagnosed or treated for anxiety in the last three years<sup>lxiv</sup>
- Bisexual women aged 16 and over average a K10 score of 21.8, indicating moderate levels of psychological distress<sup>lxv</sup>

### Statistics for Bisexual Men

- 32% of bisexual men aged 16 to 27 reported thoughts about suicide, 9% have attempted suicide<sup>lxvi</sup>
- 17% of bisexual men aged 16 to 27 reported having self-harmed, 32% reported thoughts about harming themselves<sup>lxvii</sup>
- 34.1% of bisexual men aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years<sup>lxviii</sup>
- 20.9% of bisexual men aged 16 and over reported being diagnosed or treated for anxiety in the last three years<sup>lxix</sup>
- Bisexual men aged 16 and over average a K10 score of 20.5, indicating moderate levels of psychological distress<sup>lxx</sup>



## Transgender People

There are differences between the mental health and wellbeing of lesbian, gay and bisexual people, and transgender and gender diverse people, specifically:

- Transgender people experience a higher rate of suicide attempts than LGB people, and are nearly eleven times more likely to attempt suicide than the general population
- Transgender people are nearly three times more likely to have had thoughts of suicide than LGB people combined, and are twelve times more likely to have thoughts about suicide than the general population
- Transgender people experience high levels of psychological distress, compared to moderate levels experienced by lesbian, gay and bisexual people
- Transgender people are nearly twice as likely to be diagnosed or treated with a mental disorder and anxiety than lesbian and gay people, and nearly three times than the general population
- Transgender and gender diverse people are nearly four times more likely to have experienced sexual violence or coercion

There are also differences between the mental health and wellbeing of transgender men, transgender women and non-binary people, specifically:

- Transgender women are more likely to have thoughts of suicide than transgender men and non-binary people
- Transgender men are more likely to be diagnosed with depression and anxiety in their lifetime than transgender women
- Transgender men and transgender women have similar levels of psychological distress
- Transgender people are more likely to experience depression than non-binary people, but non-binary people are more likely to experience anxiety than transgender people

### Statistics for Transgender and Gender Diverse People

- 35% of transgender people aged 18 and over<sup>22</sup> have attempted suicide in their lifetime<sup>lxxi</sup>
- 41% of transgender people and non-binary people aged 18 years and over reported thoughts of suicide or self-harm in the last two weeks<sup>lxxii</sup>
- 39.9% of transgender and gender diverse people aged 18 and over have been diagnosed with an anxiety disorder in their lifetime, with 62.1% of these were diagnosed in the past 12 months<sup>lxxiii</sup>
- 57.2% of transgender and gender diverse people aged 18 and over have been diagnosed with

depression in their lifetime, with 54.2% of these were diagnosed in the past 12 months<sup>lxxiv</sup>

- 53.2% of transgender and gender diverse people aged 16 and over have experienced sexual violence or coercion, compared with 13.3% of the general population<sup>lxxv</sup>

### Statistics for Transgender Women

- 44.2% of transgender women aged 18 and over reported current thoughts about suicide or self-harm in the last two weeks<sup>lxxvi</sup>
- 57.4% of transgender women aged 16 and over reported being diagnosed or treated with any mental disorder in the past three years<sup>lxxvii</sup>
- 58.9% of transgender women aged 18 and over have been diagnosed with depression in their lifetime<sup>lxxviii</sup>
- 34.4% of transgender women aged 16 and over reported being diagnosed or treated for anxiety in the last three years<sup>lxxix</sup>
- Transgender women average a K10 score of 23.2, indicating high levels of psychological distress<sup>lxxx</sup>

### Statistics for Transgender men

- 40.5% of transgender men aged 18 and over and reported current thoughts about suicide or self-harm in the last two weeks<sup>lxxxi</sup>
- 55.3% of transgender men aged 16 and over reported being diagnosed or treated with any mental disorder in the past three years<sup>lxxxii</sup>
- 62.1% of transgender men aged 18 and over have been diagnosed with depression in their lifetime<sup>lxxxiii</sup>
- 42.6% of transgender men aged 16 and over reported being diagnosed or treated for anxiety in the last three years<sup>lxxxiv</sup>
- Transgender men average a K10 score of 23.22, indicating high levels of psychological distress<sup>lxxxv</sup>

### Statistics for Non-Binary people

- 37.5% of non-binary people assigned female at birth, and 30.2% of non-binary people assigned male at birth aged 18 years and over reported thoughts of suicide or self-harm in the last two weeks<sup>lxxxvi</sup>
- 54.4% of non-binary people assigned female at birth, and 40.6% of non-binary people assigned male at birth aged 18 and over have been diagnosed with depression in their lifetime<sup>lxxxvii</sup>
- 49.3% of non-binary people assigned female at birth and 30.2% of non-binary people assigned male at birth aged 18 and over have been diagnosed with an anxiety disorder in their lifetime<sup>lxxxviii</sup>
- 66.1% of non-binary people assigned female at birth and 44.5% of non-binary people assigned male at birth, aged 16 and over, have experienced sexual violence or coercion<sup>lxxxix</sup>

## Intersex

There are significant differences between the mental health and wellbeing of lesbian, gay, bisexual and transgender people, and people with an intersex variation, with social and medical constructions playing an important role in how people feel about their own bodies and intersex variations. For many, wellbeing is impacted as a result of having undergone medical interventions, including unwanted surgery, beginning hormone therapies and feeling emotionally impacted or unlike themselves<sup>xc</sup>.

### Statistics for People with an Intersex Variation

- 60% of people with an intersex variation reported that they had experienced a medical treatment intervention related to their intersex variation, with over half being before they were aged under 18 years<sup>xc</sup>
- 19% of people with an intersex variation aged 16 and over had attempted suicide on the basis of issues related to having a congenital sex variation<sup>xcii</sup>
- 60% of people with an intersex variation aged 16 and over had thought about suicide on the basis of issues related to having a congenital sex variation<sup>xciii</sup>
- 42% of people with an intersex variation aged 16 and over had thought about self-harm, and 26% had engaged in self-harm on the basis of issues related to having a congenital sex variation<sup>xciv</sup>
- 41% of people with an intersex variation aged 16 and over describe their mental health as fair or poor<sup>xcv</sup>
- 21.3% of people with intersex variations aged 16 and over have been diagnosed with depression<sup>xcvi</sup>
- 12.9% of people with an intersex variation aged 16 and over have been diagnosed with anxiety<sup>xcvii</sup>
- 7.7% of people with an intersex variation have been diagnosed with Post-Traumatic Stress Disorder<sup>xcviii</sup>

## ACROSS THE LIFE SPAN

There are differences between the mental health and wellbeing of younger LGBTI people and older LGBTI people, specifically:

- LGBTI young people are five times more likely to attempt suicide than their similar aged peers
- LGBT young people are nearly twice as likely to engage in self-injury than their similar aged peers
- LGBT young people aged 16 to 24 have a higher rate of being diagnosed with a mental disorder than older LGBT people
- LGBT young people aged 16 to 24 have the highest psychological distress of all age groups
- Rates of psychological distress for gay men, lesbian women, bisexual men, bisexual women and transgender women declined with age. Rates for psychological distress among transgender men were consistently high across all age groups.
- The number of transgender people who met the criteria for a depressive or anxiety disorder decreased with age<sup>xcix</sup>

### Statistics for LGBTI Younger People

- 16% of LGBTI<sup>23</sup> young people aged 16 to 27 reported that they had attempted suicide<sup>c</sup>
- 42% of LGBTI<sup>24</sup> young people aged 16 to 27 reported having thoughts about suicide<sup>ci</sup>
- 33% of LGBTI<sup>25</sup> young people aged 16 to 27 reported having self-harmed, 41% reported thoughts of harming themselves<sup>cii</sup>
- 47.7% of LGBT people (48.2% women; 29.3% men) aged 16 to 24 reported being diagnosed or treated for any mental disorder in the past three years<sup>ciii</sup>
- 71% of LGBTI+ people aged 16 to 27 indicated that they did not use a crisis support service (CSS) during their most recent personal or mental health crisis<sup>civ</sup>
- 43.5% of transgender and gender diverse people aged 18 to 19 have a major depressive syndrome<sup>cv</sup>
- 72.5% of transgender and gender diverse<sup>26</sup> people aged 14 to 25 have been diagnosed with an anxiety disorder in their lifetime<sup>cvi</sup>
- LGBT young people aged 16 to 24 average K10 score of 23.8, indicating high levels of psychological distress<sup>cvii</sup>

23 Note: of 1032 survey participants, only 3 young people identified as having an Intersex variation

24 Note: of 1032 survey participants, only 3 young people identified as having an Intersex variation

25 Note: of 1032 survey participants, only 3 young people identified as having an Intersex variation

26 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex

### Statistics for LGBTI Older People

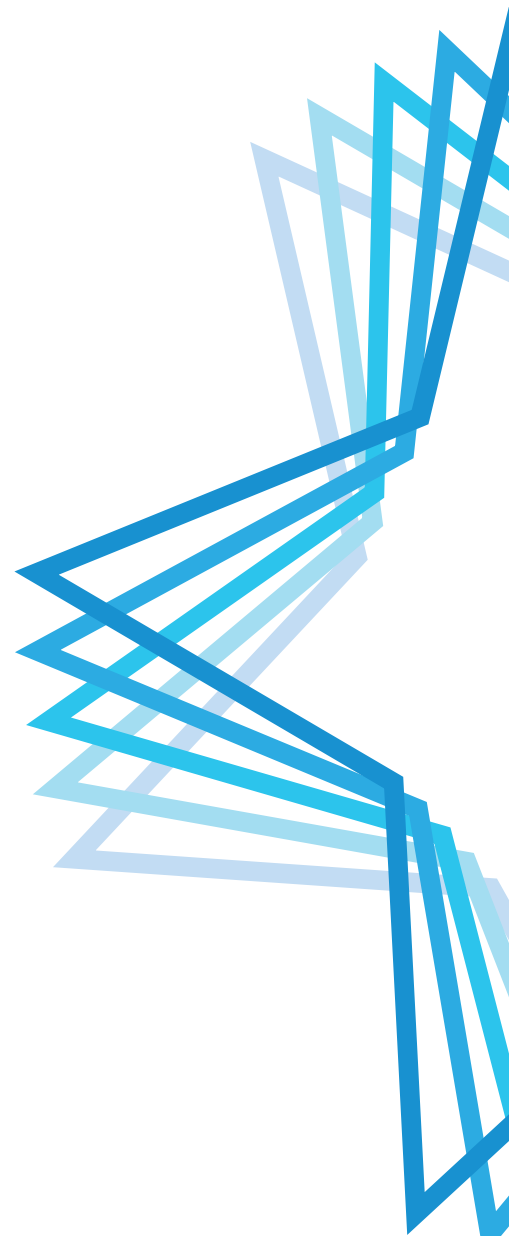
- 32.5% of LGBT people aged 45 to 59 (28.7% men and 36.2% women) reported being diagnosed or treated for any mental disorder in the past three years<sup>cxviii</sup>
- 19.2% of LGBT people aged 60 to 89 (21.6% men and 16.7% women) reported being diagnosed or treated for any mental disorder in the past three years<sup>cxix</sup>
- 19.4% of transgender and gender diverse people aged 50 and over have a major depressive syndrome<sup>cx</sup>
- 10.2% of transgender and gender diverse people aged 50 and over have an anxiety syndrome
- LGBT older people aged 49 to 59 average a K10 score of 19.11, indicating moderate levels of psychological distress<sup>cx</sup>
- Gay men and lesbian women and transgender women and aged 60 to 89 average a K10 score is 16, indicating moderate levels of psychological distress<sup>cxii</sup>

### Statistics for the General Population aged 16 to 24

- 1.1% of people (1.7% females; 0.5% males) aged 16 to 24 have attempted suicide in the past 12 months<sup>cxiii</sup>
- 3.4% of the general population (1.7% of males and 5.1% of females) aged 16 to 24 in Australia have had suicidal ideation in the past 12 months<sup>cxiv</sup>
- 14.1% of people (16.6% females; 11.6% males) aged between 15 and 19; and 21.25% of people (24.4% females; 18.1% males) aged between 20 and 24 have engaged in self injury in their lifetime<sup>cxv</sup>
- 26.4% of young people (30.1% females, 22.8% males) aged 16 to 24 met the criteria for a diagnosis of a mental disorder in the last 12 months.<sup>cxvi</sup>
- 6.3% of young people (8.4% females, 4.3% males) in the general population aged 16 to 24 met the criteria for an affective disorder, and 2.8% for a depressive episode in the past 12 months<sup>cxvii</sup>
- 15.4% of young people (21.7% females, 9.3% males) aged 16 to 24 met the criteria for an anxiety disorder, 1.3% for a Generalised Anxiety Disorder in the past 12 months<sup>cxviii</sup>

### Statistics for the General Population aged 55 and over

- 1.5% of people (1.7% males; 1.4% females) aged 55 to 64, 1.1% aged 65 to 77 and 0.8% aged 75 to 85 have had suicidal ideation in the past 12 months<sup>cxix</sup>
- 13.6% of the general population aged 55 to 64, 8.6% aged 65 to 74, and 5.9% aged 75 to 85 have been diagnosed with a mental disorder in the last 12 months
- 11.3% of the general population aged 55 to 64, 6.3% aged 65 to 74, and 4% aged 75 to 85 have been diagnosed with a anxiety disorder in the last 12 months
- 4.2% of the general population aged 55 to 64, 2.8% aged 65 to 74, and 1.8% aged 75 to 85 have been diagnosed with a affective disorder in the last 12 months



## INTERSECTIONS

When considering mental health statistics for LGBTI people, it is vital to consider how intersections with other identities and experiences may impact on an individual's wellbeing; however, available research often has not provided a comprehensive analysis of data.

Population Group	What We Know
Aboriginal and Torres Strait Islander People	<ul style="list-style-type: none"> <li>4% of people with an intersex variation<sup>cxx</sup></li> <li>1.5% of LGBTI young people aged 16 to 27<sup>cxxi</sup></li> <li>3% of LGBT young people aged 14 to 21<sup>cxxii</sup></li> <li>3.7% of transgender and gender diverse<sup>27</sup> people aged 14 to 25<sup>cxxiii</sup></li> <li>2.3% LGBT people aged 16 and over<sup>cxxiv</sup></li> <li>2.3% of transgender and gender diverse people aged 18 and over<sup>cxxv</sup></li> </ul>
People with a Cultural and Linguistic Diversity	<ul style="list-style-type: none"> <li>28.6% of LGBTI young people aged 16 to 27 identify with a racial or ethnic background other than Anglo-Celtic. 18% report having experienced a conflict between their cultural background and their sexuality or gender identity<sup>cxxvi</sup></li> <li>18% of LGBT young people aged 14 to 21 identify as being culturally and linguistically diverse<sup>cxxvii</sup></li> <li>16% of transgender and gender diverse young people aged 14 to 25 were born outside of Australia<sup>cxxviii</sup></li> <li>18.2% LGBT aged 16 and over were born overseas<sup>cxxix</sup></li> <li>20.2% of transgender and gender diverse people aged 18 and over were born overseas, and 5.5% are from a non-English speaking background<sup>cxxx</sup></li> </ul>
People with Disabilities	<ul style="list-style-type: none"> <li>27% of people with an intersex variation aged 16 and over identify as having one or more disabilities<sup>cxxxi</sup></li> <li>36% of transgender people aged 18 and over<sup>28</sup> identify as having a mental health issue that they described as being a disability or chronic health condition<sup>cxxxii</sup></li> </ul>
People From Rural, Regional and Remote Areas	<ul style="list-style-type: none"> <li>5.9% of transgender and gender diverse people aged 18 and over (1.7% transgender men, 8.1% transgender women) live in regional or remote Australia<sup>cxxxiii</sup></li> <li>18% of LGBT young people aged 14 to 21 live in rural areas, 2% in remote areas<sup>cxxxiv</sup></li> <li>20% of LGBT people aged 16 and over live in inner and outer regional areas, and 0.7% in rural and remote areas<sup>cxxxv</sup></li> </ul>
People Experiencing Homelessness	<ul style="list-style-type: none"> <li>6% of intersex people report they have precarious accommodation or homelessness, couch surfing or living on the street.<sup>cxxxvi</sup></li> <li>22% of transgender and gender diverse<sup>29</sup> people aged 14 to 25 report experiencing accommodation issues and homelessness<sup>cxxxvii</sup></li> <li>51% of LGB young people, and 71% of gender diverse young people aged 14 to 21 don't live at home with family<sup>cxxxviii</sup></li> </ul>

27 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex

28 Scottish research of participants in the UK

29 Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex

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