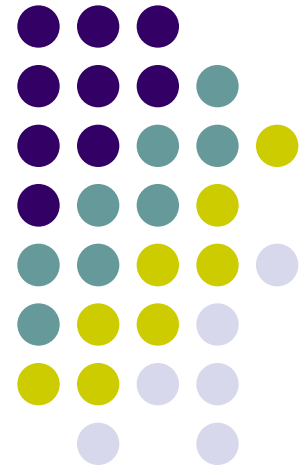


# Mental health: lesbian, gay, bisexual & trans people

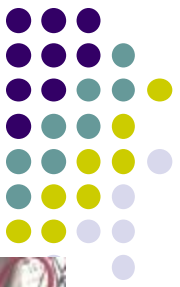
Changing the Mind-set ... Exploring  
the Journey from Research to  
Practice: a Joint Research  
Symposium

Julie Fish and Leon Herbert

April 29<sup>th</sup> 2015



# 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



Jamey Rodemeyer aged 14



Lucy Meadows teacher in  
Accrington Lancashire



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.

King, M. Semlyen, J. See Tai, S. Killaspy, H. Osborn, D. Popelyuk, D. and Nazareth, I. (2008) A systematic review of mental disorder, suicide, and deliberate self harm in lesbian, gay and bisexual people. *BMC Psychiatry* 2008, 8:70

# 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;
- LGBT human rights first recognised by the United Nations in 2012.



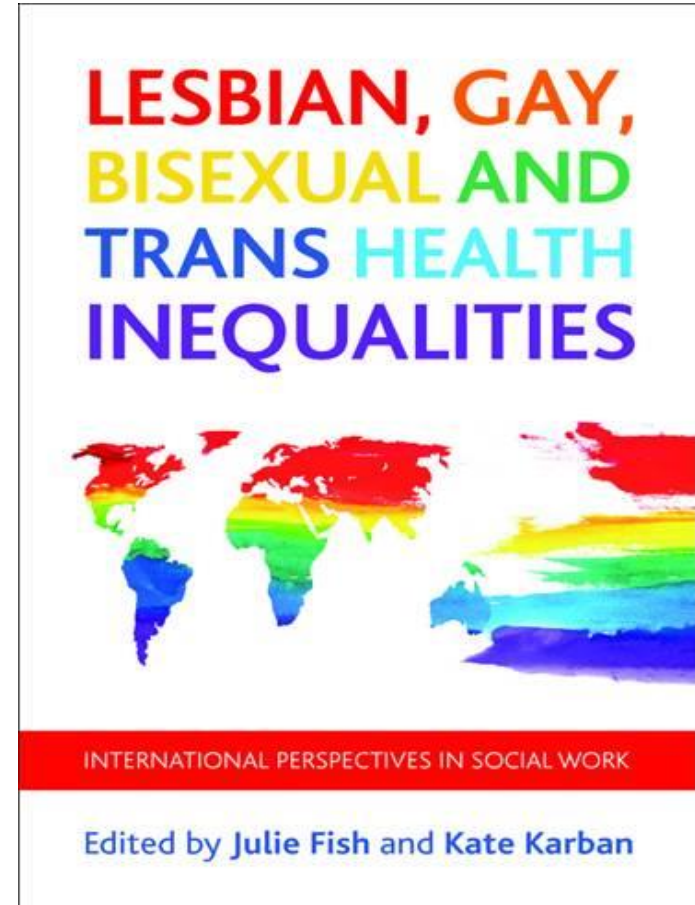
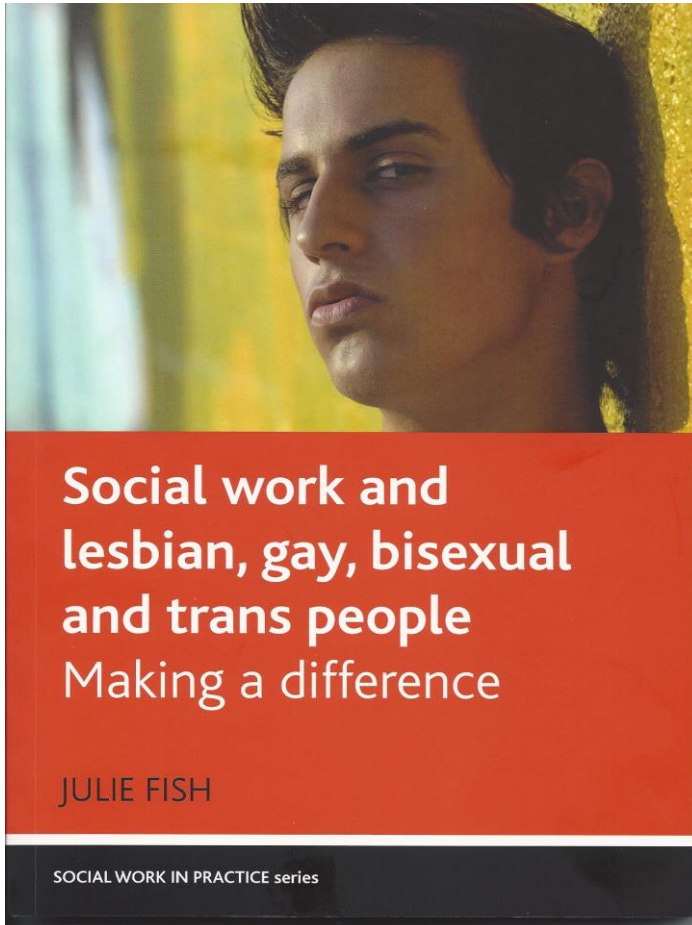
# Preventing suicide: cross government strategy 2012



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



# Reading



King, M. Semlyen, J. See Tai, S. Killaspy, H. Osborn, D. Popelyuk, D. and Nazareth, I. (2008) A systematic review of mental disorder, suicide, and deliberate self harm in lesbian, gay and bisexual people. *BMC Psychiatry* 2008, 8:70

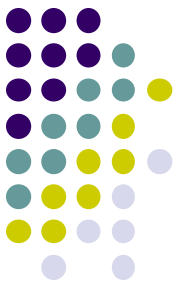
Chakraborty, A. et al. (2011) Mental health of the non-heterosexual population of England, *British Journal of Psychiatry*, 198:143-148.

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

[http://www.scottishtrans.org/wp-content/uploads/2013/03/trans\\_mh\\_study.pdf](http://www.scottishtrans.org/wp-content/uploads/2013/03/trans_mh_study.pdf)

Colledge, L. et al. (2015) Poorer mental health in UK bisexual women than lesbians: evidence from the UK 2007 Stonewall Women's Health Survey, *Journal of Public Health*, pp. 1–11. doi:10.1093/pubmed/fdu105

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# Reading

- <http://www.theguardian.com/social-care-network/2015/mar/10/lgbt-older-people-dementia-social-care>
- <http://www.scie.org.uk/publications/ataglance/ataglance42.asp>
- <http://www.theguardian.com/world/2015/feb/03/teachers-trained-tackle-homophobic-bullying-labour>
- Michael King, PACE, Metro