

YOUTH RESOURCES:

National Suicide Prevention Lifeline

A crisis intervention and suicide prevention phone service available 24/7. [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) | www.suicidepreventionlifeline.org

Trevor Lifeline

A crisis intervention and suicide prevention phone service for LGBTQ available 24/7. [1-866-488-7386](tel:1-866-488-7386) | www.thetrevorproject.org

NEW JERSEY RESOURCES, CRISIS LINES & CALL CENTERS:

2nd Floor [1-888-222-2228](tel:1-888-222-2228) | www.2ndfloor.org

NJ Hopeline [1-855-654-6735](tel:1-855-654-6735) | www.njhopeline.com

The Society for the Prevention of Teen Suicide

SPTS provides information and resources on teen suicide prevention for educators, parents, and teens. www.sptsusa.org | info@sptsusa.org

NATIONAL RESOURCES

Suicide Prevention Resource Center

SPRC is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. | www.sprc.org

American Foundation for Suicide Prevention (AFSP)

The American Foundation for Suicide Prevention (AFSP) funds research, creates educational programs, advocates for public policy, and support survivors of suicide loss. | www.afsp.org

American Association of Suicidology (AAS)

AAS promotes research, public awareness programs, public education and training for professionals and volunteers. www.suicidology.org

Center for Disease Control's Youth Risk Behavior Surveillance System

The Youth Risk Behavior Surveillance System (YRBSS) monitors health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including self-harm and suicide. Please use this website to review both national and state specific survey results and statistics. <http://nccd.cdc.gov/youthonline/App/Default.aspx>

The Substance Abuse and Mental Health Services Administration (SAMHSA)

A Toolkit for High Schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

<http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

LGBTQ RESOURCES:

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. | www.thetrevorproject.org

Trevor Text

Trevor Text- Available on Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00 p.m. - 5:00 p.m. PT). Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

Trevor Chat

Available 7 days a week (3:00 p.m. - 9:00 p.m. ET / 12:00 p.m. - 6:00 p.m. PT). | www.thetrevorproject.org/pages/get-help-now#tc

Trevor Space

Trevor Space is a social networking site for lesbian, gay, bisexual, transgender and questioning youth ages 13 through 24 and their friends and allies. | www.trevorspace.org

ADDITIONAL RESOURCES FOR SCHOOLS

Lifelines: A Three Part, Comprehensive Suicide Awareness and Responsiveness Program

Prevention: A Suicide Prevention Program
Intervention: Helping Students at Risk for Suicide
Postvention: Responding to Suicide and Other Traumatic Death
Lifelines Description | www.sptsusa.org

Not My Kid: What Every Parent Needs to Know

This short 17 minute Best Practices video for parents asks and answers a few of the complicated questions about whether or not a child may be at risk for suicide, but more importantly, demonstrates how to ask those questions - and keep asking - until parents get answers that help them understand whether or not their child is at risk for suicide. | www.sptsusa.org

Olweus Bullying Prevention Program

The Olweus Bullying Prevention Program is designed for students in elementary, middle, and junior high schools (students ages five to fifteen years old). | www.hazelden.org/web/go/olweus

Supporting LGBTQ+ Youth after General Conference

Do no harm --- Leo Yates, jr, LCPC
<https://umdisability.blogspot.com/2019/03/do-no-harm-leo-yates-jr-lcpc.html?m=1>



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END HARM TO YOUTH

Resources Tool Kit Brochure



SELECTIONS FROM DO NO HARM: SUPPORTING LGBTQ+ YOUTH AFTER GENERAL CONFERENCE

by Rev. Leo Yates, Jr., LCPC

The Book of Discipline affirms LGBTQ+ persons are of sacred worth. In order to carry out the traditional Methodist charge of “first, do no harm,” bishops, pastors and church leaders need to be aware of measures that can save lives. A study published in the American Journal of Preventative Medicine in 2018 found a link between judgmental religion and suicide among gay and questioning youth, particularly where religion was important to them. This study included data from a 2011 University of Texas at Austin’s Research Consortium, where it indicates that suicide is one of the leading causes of death among LGBTQ persons ages 10-24.

** The study showed that questioning individuals were three times more likely to attempt suicide. For gay and lesbian individuals, religion was associated with 38 percent more likelihood to have suicidal ideation (thinking).** John Blosnich, the co-author of the study, from the West Virginia University’s Injury Control Research Center, noted that sexual minorities may worry what their sexual orientation means for their families, especially those who are religious.*

SUICIDE PREVENTION

To combat injuries, be familiar with the signs of suicide. Go to the websites of *National Alliance on Mental Illness (NAMI)* or *Mental Health Ministries* to familiarize yourself with these signs. Some signs of potential suicide from the Trevor Project include some of the following:

- Not care about their future: “It won’t matter soon anyway.”
- Put themselves down: “I don’t deserve to live. I suck.”
- Express hopelessness: “Things will never get better for me.”
- Say goodbye to important people: “You’re the best friend I’ve ever had. I’ll miss you.”
- Have a specific plan for suicide: “I’ve thought about how I’d do it.”
- Talk about feeling suicidal: “Life is so hard. Lately I’ve felt like ending it all.”
- Have a burst of cheerfulness after a period of sadness.

STARTLING SUICIDE-RELATED STATISTICS

NAMI provides us with some startling statistics that include:

- LGBTQ youth are 4 times more likely to attempt suicide or engage in self-harm
- Questioning youth are 3 times more likely to attempt suicide or engage in self-harm
- 38-65% of transgender individuals experience suicidal ideation (thinking about it)

To learn more about some of the experiences and hostility that LGBTQ+ youth experience, which can contribute to suicide and self-harm, check out the *Gay, Lesbian, and Straight Education Network’s (GLSEN) National School Climate Survey* and the *It Get’s Better Project* for LGBTQ+ youth.

MENTAL HEALTH SUPPORT

According to NAMI, LGBTQ+ persons are 3 times more likely to have a mental health condition. NAMI’s website offers a list of signs of mental illness and a short video presentation. If you feel that a youth or an adult might be suffering from a mental health condition, access to treatment is recommended. If it’s available in your area, dialing the health and human service referral hotline at 2-1-1 is one easy way to find treatment providers. Also, providers who offer inclusive services or specialize in this area can be found at the *Gay and Lesbian Medical Association’s Provider Directory*.

SUBSTANCE ABUSE SUPPORT

The Center for American Progress states one of the main reasons some LGBTQ+ persons turn to substance abuse is because they live with a high level of stress because of social prejudice and discriminatory laws. Estimates by NAMI indicate that 20-30% of LGBTQ persons abuse substances compared to 9% of the general population. Alcohol abuse exists among 25% of LGBTQ persons, compared to 5-10% of the general population. Many times, people turn to alcohol or drugs as a way to cope with feelings, often not realizing that an addiction is developing. Being a part of a discriminated social group is stressful for many LGBTQ persons, whether a youth or an adult. If substance abuse is suspected, having a conversation with the youth or adult is recommended along with a referral to treatment (dial 2-1-1 for a referral or contact your local health department). As you can imagine, overdoses can be deadly and encouraging a person to consider treatment is one of the most compassionate things you can do. If the person isn’t receptive in the moment, don’t try to win them over, or argue with them. Keep the door open to where they’ll feel comfortable with you to return for future conversations. Just offer your assistance if they ever need it, but with boundaries (e.g. not giving them money). And at some point, bring it up again. Being non-judgmental and empathetic is recommended when approaching the subject.

HELP IS AVAILABLE

There are more resources available than you might think when serving LGBTQ+ persons. For example, the *Trevor Project* offers 24/7 crisis and suicide prevention lifeline for LGBTQ+ youth. Here are available resources:

- Trevor Lifeline 1-866-488-7386 (24/7)
- TrevorChat (3-10pm ET Mon-Fri) a confidential instant messaging service
- TrevorText – (3-10pm ET Mon-Fri) a confidential service that connects LGBTQ youth with a counselor. Text START to 678678.

For transgender support, the *Trans Lifeline* offers a hotline that offers emotional and financial support. The Trans Lifeline’s Hotline is 877-565-8860.

The *Tyler Clementi Foundation* offers a plethora of resources that addresses bullying, suicide prevention, and other helpful resources for affirmation and support.

CITATIONS

*Bollinger, A. (2018). “Religion can make gay youth more likely to commit suicide.” *LGBTQ Nation*. Retrieved from www.lgbtqnation.com/2018/04/religion-can-make-gay-youth-likely-commit-suicide/.

* Harding, A. (2018). “Religious faith linked to suicidal behavior in LGBTQ adults.” *Reuters*. Retrieved from www.reuters.com/article/us-health-lgbq-religion-suicide/religious-faith-linked-to-suicidal-behavior-in-lgbq-adults-idUSKBN1HK2MA

* Kuruvilla, C. (2018). “Chilling study sums up link between religion and suicide for queer youth.” *Huffington Post*. Retrieved from www.huffingtonpost.com/entry/queer-youth-religion-suicide-study_us_5ad4f7b3e4b077c89ceb9774.

* Pumariega, A (2019). “6 questions you can ask a loved one to help screen for suicide risk.” *The Conversation*. Retrieved from <https://theconversation.com/6-questions-you-can-ask-a-loved-one-to-help-screen-for-suicide-risk-102026>.

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