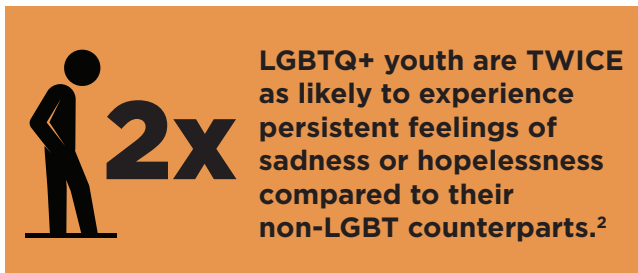


LGBTQ+ Youth Mental Health Campaign Background

LGBTQ+ Youth Disproportionately Impacted



LGBTQ+ youth mental distress linked to mental illness in adult years, indicating a need for early intervention.¹

31% of LGBTQ youth have been physically threatened or harmed due to their sexual orientation.⁴

Half of LGBTQ+ young adults are estranged from family, a third not confident their parents will accept them.⁶

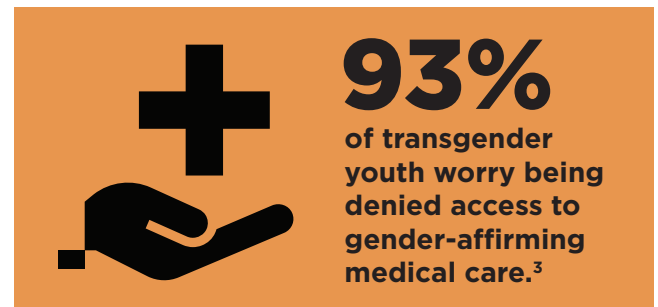
Coming Out & Questioning Youth



Teens who aren't comfortable being open about their sexuality are **more likely to feel psychological stress**, including self-hatred, depression, shame, fear, anxiety and isolation.¹

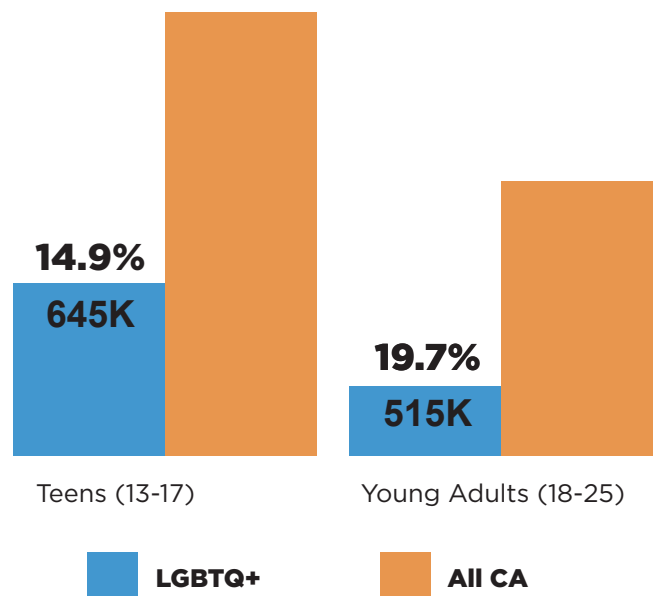
Youth face significant fear around coming out, especially to parents. Many experience rejection from trusted adults, particularly amongst youth of color and youth of immigrant parents who are less acculturated to the US.⁵

Trans Teens At Even Greater Risk



Under 1 in 3 transgender and nonbinary youth have gender-affirming homes and 37% have been physically threatened or harmed.³

Over 1.16M LGBTQ+ Youth in CA⁷

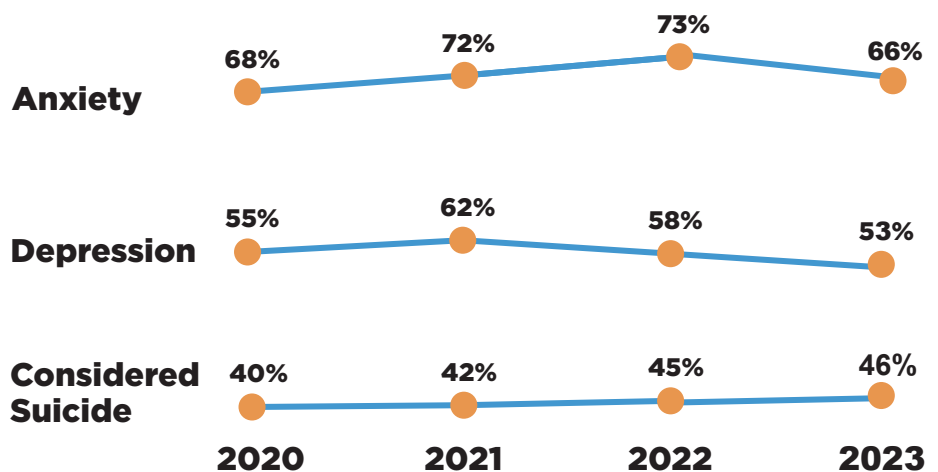




“Recent political attacks aimed at transgender and nonbinary youth have not only threatened their access to healthcare, support systems, and affirming spaces at school, they’ve also negatively impacted their mental health.”

Dr. Jonah DeChants,
The Trevor Project

Trends of LGBTQ+ Youth Reported Mental Health Symptoms⁴



The LGBTQ+ Youth Mental Health Campaign is a part of California's historic [Children and Youth Behavioral Health Initiative \(CYBHI\)](#) at California Department of Public Health's (CDPH) Office of Health Equity (OHE) being developed by [Change Craft](#) in co-creation partnership with LGBTQ+ youth and community.

CAMPAIGN GOALS INCLUDE:

- Address and reduce the unique stigmas faced by LGBTQ+ youth which compound and exacerbate mental, emotional, or behavioral challenges LGBTQ+ youth encounter.
- Raise behavioral health literacy among LGBTQ+ youth.
- Increase help-seeking behaviors to improve mental health outcomes.

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