Research Specific Mental Health issues in the community

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/about-lgbtqia-mental-health/>

Specific mental health issues may include:

* Low self esteem
* Depression
* Anxiety, including social anxiety
* Eating problems
* Misusing drugs and alcohol
* Self harm
* Suicidal feelings
* Other mental health problems

<https://www.proquest.com/docview/2716918277?pq-origsite=primo&parentSessionId=wNF6M2TjKQUyk1%2Fo%2BcQLiQc%2FaztTwY3B0qvALg6RMD4%3D&sourcetype=Scholarly%20Journals>

* 2 x the odds of suicidal ideation and 3x the odds of suicide attempts

<https://www.tandfonline.com/doi/full/10.1080/19359705.2015.1007417>

* Link between anti LGBTQ bullying and suicidal ideation
* Link between binge drinking, and missing school and anti LGBTQ bullying
* More education in class = less harassment
* Visibility and inclusion are vital

<https://journals-sagepub-com.libproxy.ncl.ac.uk/doi/full/10.1177/1363460716648099>

* Discusses the way that not everyone experiences mental health issues due to being LGBTQ+
* Need for looking at their whole lives and not only view individuals as victims

<https://www-tandfonline-com.libproxy.ncl.ac.uk/doi/full/10.1080/19359705.2017.1356138?scroll=top&needAccess=true>

This looks at the USA more specifically but can be applied to UK.

* Political polarisation of LGBT rights in politics
* Legislation against rights of LGBTQ people, a UK example is teachers needing to tell parents about Children’s gender identity explorations, bathroom policies, etc

Research studies

* Producing a webinar raising awareness of Transgender issues amongst undergrads and teaching professionals is useful in
* Increased risk of certain issues amongst certain groups. For example, Lesbian and Bisexual women have an increased risk of alcoholism due to social behaviours

Trans specific mental health issues

<https://www.tandfonline.com/doi/full/10.1080/19359705.2016.1209395>

* PTSD, mood disorders and PTSD are more common
* Self mutilation including at times self genital mutilation due to dysphoria