

译 | 跨性别者的自杀不仅仅是心理健康问题

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Government policy and legislation impact lives just as much as the availability of health care services

政府的政策和法律对生活的景响不亚于医疗保障服务

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The recent publication of a study by the American Academy of Pediatrics during National Suicide Prevention Month has offered more evidence that transgender youth are at increased risk for suicide, deepening our understanding of the dramatic differences in life expectancy between transgender and cisgender (non-transgender) people. There have rightly been calls for an increase in mental health resources, training on warning signs, and comprehensive data collection on this underresearched population. But what has been missing too often is a frank conversation on the root causes of what— with surveys reporting an attempt rate of up to 40 percent — can legitimately be called an epidemic of trans suicide.

在国家预防自杀月，美国儿科学会近期发表的一项研究提供了更多证据表明，跨性别青少年的自杀风险在增加，这让我们更深

刻地认识到跨性别者和非跨性别者在预期寿命上的巨大差异。已经有人为此趋势提出儿科心理健康资源，儿科对于识别自杀征兆的训练，以及对这一尚待研究的群体进行全面的数据库收集的呼声。但是，这种普遍到几乎可以称之为流行病式的跨性别者的自杀——调查显示，跨性别者企图自杀的比例高达40%——的根本原因，总是被忽视而缺少坦率的讨论。

The study in Pediatrics found that trans-masculine youth are significantly more likely to have their lives cut short by suicide, followed closely by nonbinary youth, while other research has found that trans-feminine youth more often lose their lives to violence. These differences in how lives end suggest that the lives of trans people are valued and devalued differently depending on who they are. For example, serious psychological distress, already high among trans people, is significantly higher for youth and nearly doubled for those living with a disability. And while hate crimes against trans people as a whole are on the rise across the country, most of the 21 known trans murder victims in 2018 have been black trans women. At Trans Lifeline, we hear about the real lives behind those numbers every day. But we don't just see the moment they become statistics. We see the moments of fear leading up to crisis and the moments of despair following it. And we see the direct relationship between those moments and national headlines. The impact of policy developments and bully pulpits on trans lives and on those who feel justified in devaluing them is real and profound.

《儿科杂志》上的研究发现，跨性别男性青年因自杀而青年早逝的可能性显著偏高，其次是非双性恋青年，而其他研究发现，跨性别女性青年更容易死于暴力。这些结束生命方式上的差异表明，跨性别者的生命以其自身的特点而被评估和贬低。例如，严重的心理压力在跨性别人群中已经很大，而在年轻人中更甚，在残疾人中更是翻了近一番。针对跨性别者的仇恨犯罪在全国范围内呈上升趋势，在2018年，已知的21名跨性别谋杀受害者大多数是黑人跨性别女性。在Trans Lifeline，我们每天都听到这些数字背后的真实生活。但我们并不只看到它们成为统计数据的那一刻。我们目睹了导致危机的恐惧瞬间和随之而来的绝望时刻，我们也见证了这些时刻和国家头条新闻之间的直接联系。政策的发展和白宫对跨性别者的生活以及那些认为自己有理由贬低他们的人的影响是真实而深远的。

This month those headlines included a decision by the U.S. State Department to change the language on its website regarding the process for changing names and gender markers on passports. While the Trump administration has insisted that the intent was not to change official policy and promised to restore the original language, the impact on trans lives has been crystal clear to our Microgrants program. Over the past week, we have fielded a growing number of applications for fees to cover passport changes from members of our community rightly concerned that their rights are disappearing. It's not possible to talk about bullying without talking about the campaign of intentional stigmatization, exclusion, and erasure coming from the highest levels of our government.

这个月的头条新闻中，美国国务院改变关于变更护照上的名字和性别标识的程序在网站语句的决定赫然在列。尽管特朗普政府坚持他们的意图不在于改变官方政策并且承诺恢复初始语句，但我们的小微基金项目表明，这对跨性别者的生活的影响已经像玻璃一样清晰了。在过去的一周，我们收到了非常多的缴纳变更护照费用的申请。这些申请来自于我们社区的成员，他们对于自身权利会消失的担心是合理的。将政府高层的蓄意污蔑，排斥和抹除抛开不谈而只聚焦欺凌行为是行不通的。

This March, the president accepted the recommendations of a factually and legally controversial memorandum that effectively banned transgender people from serving in the military. Predictably, in the week following, calls to the Trans Lifeline crisis hotline went up 34 percent. But military service isn't the primary employment issue putting trans lives at risk. Shortly afterward, Trump signed into law the Stop Enabling Sex Traffickers Act and Allow States and Victims to Fight Online Sex Trafficking Act (SESTA/FOSTA). Though it was intended to curtail sex trafficking, its effect was to decimate the online platforms that sex workers were using to screen clients and share information about safety, forcing many back to more dangerous forms of street-based work. In the week after SESTA/FOSTA passed, Trans Lifeline's call volume went up 97 percent. It's not possible to be an ally to trans people without being an ally to sex workers.

今年三月，总统接受了一个在事实和法律层面备受争议的备忘录的建议，这个备忘录实际上禁止了跨性别群体参军。意料之中的，接下来的一周里，Trans Lifeline crisis热线的拨打量上升了34%。但参军并不是将跨性别群体置于风险的主要就业问题。在这不久之后，特朗普签署了《停止助长性交易法案》和《允许各州和受害者打击网上性交易行为法案》(SESTA/FOSTA)。即使他的意图是减少非法性交易，但它致使供性工作者筛选线上顾客、分享安全信息的网络平台被大量摧毁，性工作者被迫回到危险的街头工作。在SESTA/FOSTA通过后的一周内，Trans Lifeline的呼叫量增加了97%。如果不是性工作者的盟友，就不可能成为跨性别群体的盟友。

It is fair to name what we are facing a mental health crisis. But we can't talk about trans mental health without talking about employment discrimination, something 69 percent of trans people now working in the sex trade have faced. We can't talk about trans mental health without talking about police violence, something trans people are 3.7 times more likely to experience. We can't talk about trans mental health without talking about poverty, something nearly one-third of transgender people are currently living in. These factors combine to make health care, stable housing, and basic living conditions — much less the gender-affirmative medical care, accurate identity documents, and mental health support that act as protective factors against suicide — effectively inaccessible. For trans people, suicide prevention isn't just a mental health issue. Suicide prevention is an economic justice issue, a racial justice issue, a disability justice issue, and a criminal justice issue.

将我们面临的问题称之为心理健康危机是恰当的，但如果我们不讨论就业歧视，我们就无法寻求跨性别者的心理健康问题，因为69%的正从事性交易工作跨性别者都面临着就业歧视；如果我们不讨论警察暴力，我们就无法寻求跨性别者的心理健康问题，因为跨性别者遭遇的警察暴力是其他人的3.7倍；如果我们不讨论贫困，我们同样无法寻求跨性别者的心理健康问题，因为近1/3的跨性别者正生活困苦。这些因素共同导致了医疗保障、稳定的住房和基本的生活环境——更不用说与性别不变者同等的医疗保健、准确的身份认证和作为抵抗自杀的保护因素的精神健康支持——更加难以实现。对于跨性别者来说，预防自杀不仅仅是一个心理健康问题，更是一个经济正义问题，一个种族正义问题，一个关于残障的正义问题，一个关于刑事的正义问题。

This National Suicide Prevention Month, let us push ourselves to look beyond clean narratives and easy fixes that overshadow the real threats facing our community. If we are to truly protect and lift up the lives of transgender people, we have to intervene before the moment of crisis — at every social, economic, and systemic barrier that makes it impossible to live authentically, and all too often to live at all. Suicide prevention should be a conversation not only about mental health but about the natural emotional responses to material conditions of stigmatization and marginalization.

在这个国际预防自杀月，让我们推动自己远离那些简单的叙述和泛泛的改变，在真正威胁我们这个群体的阴影之外，看到更加广阔的未来。如果我们要真正保护并提升跨性别人群的生活，我们就必须在危机到来之前，对所有社会、经济和体制上的这些使我们无法真正地生活甚至根本无法生活的障碍进行干预。自杀预防不仅应该是关于心理健康的话题，而且应该是关于对生活环境中污名化和边缘化的自然情感反应的话题。

At Trans Lifeline, we hear every day from trans people fighting for their right to live. The resilience of our community is nothing short of extraordinary. But it shouldn't be necessary. We owe it our community to study not only what takes trans lives but what makes trans lives worth living. Until then, our lines remain open.

在Trans Lifeline，我们每天都会听到跨性别者为他们的生活权力而斗争的事情。我们社区的恢复力是非凡的，但不应该是必须的。我们不仅应该研究跨性别群体要怎样生存，更要研究跨性别怎么活出价值。在那之前，我们一直都在。

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