

Find Support

1. Trevor Support Center



thetrevorproject.org

2. Stonewall Youth



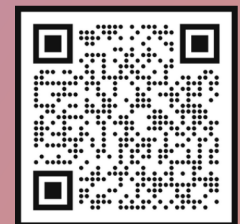
stonewallyouth.org

3. TransFamilies



transfamilies.org

4. LGBTQ+ Lifeline



988lifeline.org

"Over **80%** of LGBTQ+ youth have been **assaulted** or **threatened**.

Every instance of victimization in an LGBTQ+ person's life more than **doubles** the likelihood of self-harm"

(SAMHSA)

Thurston County
Public Health & Social Services

PHSS_mentalhealth@co.thurston.wa.us

360-867-2500

412 Lilly Rd. NE
Olympia, WA 98506

WE CAN...

**BREAK THE
STIGMA AROUND
MENTAL HEALTH**



Public Health & Social Services

Connect with us at @ThurstonHealth



YOU MATTER

LGBTQ+ youth are
4X more likely to
attempt suicide
compared to their
peers

(The Trevor Project, 2021)



L

LOOK FOR SIGNS

- Talking, joking about death; researching ways to die

E

EMPATHIZE & LISTEN

- Offer compassion, not advice. Avoid judgement

A

ASK DIRECTLY

- If you see multiple troubling signs, ask directly about suicide

R

REMOVE THE DANGERS

- Remove or lock up firearms and medications

N

NEXT STEPS

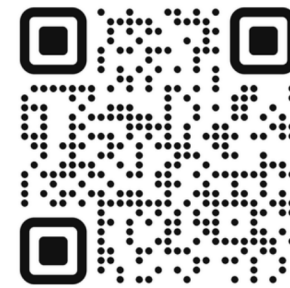
- Together, call the 988 Suicide & Crisis Lifeline



talkawaythedark.afsp.org

Taking care of yourself

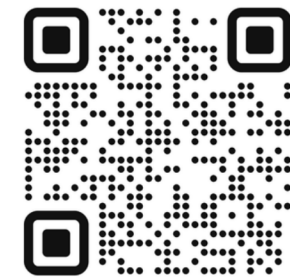
Know that
you are not
alone



ditchthelabel.org

Build your
support
network

Talk to
someone



mysafetyplan.org

Create a
safety plan