



**SNAPSHOT OF MENTAL HEALTH AND SUICIDE
PREVENTION STATISTICS FOR LGBTIQ+
PEOPLE**

April 2021

www.lgbtiqhealth.org.au/statistics

Although many lesbian, gay, bisexual, transgender, intersex, queer people and other sexuality and gender diverse (LGBTIQ+) people live healthy and happy lives, research has demonstrated that a disproportionate number experience poorer mental health outcomes and have higher risk of suicidal behaviours than their peers. These health outcomes are directly related to experiences of stigma, prejudice, discrimination and abuse on the basis of being LGBTIQ+. This document aims to provide a snapshot of what is known of the current mental health and wellbeing outcomes of LGBTIQ+ people in Australia.

While Australian and international research provide evidence that demonstrate significant concern regarding mental health outcomes and suicidal behaviours among LGBTIQ+ people, significant knowledge gaps remain. This is due to lack of inclusion of sexual orientation, gender identity and intersex status in population research¹ and data collection in mental health services² and in national population-based data collections, e.g. the Census. As data informs evidence-based policy, this exclusion has led to inaccuracy in reporting and significant underestimates, which in turn impacts on LGBTIQ+ inclusion in mental health and suicide prevention policies, strategies and programmes, as well as targeted investment in LGBTIQ+ community-controlled health organisations that are best placed to respond to these health disparities.

Consequently, Australian national evidence on the health and wellbeing of LGBTIQ+ populations relies upon a growing but limited number of smaller scale studies that target LGBTIQ+ populations, or part thereof. While uniquely valuable, these can have methodological issues relating to representative data collection and data analysis, and therefore may not represent a holistic picture of LGBTIQ+ people³. Additionally, research that groups LGBTIQ+ people into a single group for analysis risks conflation and reaching conclusions that are not representativeⁱ.

This document includes a range of language beyond that typically used by LGBTIQ+ Health Australiaⁱⁱ. This is to directly reflect the terminology and classifications used by the various research papers used as source data in this document. Across this research, there is often little uniformity of demographic information or definitions of mental health concerns that supports direct comparison between LGBTIQ+ populations and the general population. We urge the reader to consider this broader context in which adequately estimating the mental health outcomes and suicidal behaviours for LGBTIQ+ populations remains highly challenging.

LGBTIQ+ Health Australia has collaborated with the Australian Bureau of Statistics to update the 2016 Sex and Gender Standard and to develop a new Sexual Orientation Standard in order to standardise the collection and dissemination of data relating to sex, gender, variations of sex characteristics and sexual orientation. These can be used by government, academic and private sector organisations in their own statistical collections to improve the comparability and quality of data, and we encourage readers to consider and use the [standards](#).

ⁱ Where possible, we have noted when this may have occurred, and these statistics should be used with caution when representing the experience of groups that are underrepresented (mainly transgender and intersex people). We have used various iterations of the acronym LGBTIQ+ depending on the populations surveyed and the terminology used in the studies referred to in this Snapshot.

ⁱⁱ For an outline of the language LGBTIQ+ Health Australia utilises, please visit <https://www.lgbtiqhealth.org.au/about>

SUICIDIALITY

Suicide Attemptsⁱ

Compared to the general population, LGBTIQ+ people are more likely to attempt suicide, specifically:

- LGBTQA+ young people aged 16 to 17 were almost three times more likely to have attempted suicide in the past 12 months
- LGBTQA+ young people aged 16 to 17 were almost five times more likely to have attempted suicide in their lifetime
- LGBTI young people aged 16 to 27 are five times more likely
- Transgender people aged 14-25 are fifteen times more likely
- People with an intersex variation aged 16 and over are nearly six times more likely

Statistics for LGBTIQ+ populations

- 11% of LGBTQA+ⁱⁱ young people aged 16 to 17 had attempted suicide in the past 12 months⁴
- 25.6% of LGBTQA+ young people aged 16 to 17 had attempted suicide in their lifetime⁵
- 16% of LGBTIⁱⁱⁱ young people aged 16 to 27 reported that they had attempted suicide⁶
- 27.8% of bisexual^{iv} people aged 18 and over reported that they had attempted suicide⁷
- 5.2% of LGBTI^v people aged 18 and over reported having attempted suicide in the past 12 months (13.7% of trans men, 10.9% of trans women, 6.8% of non-binary participants, 4.2% of cisgender women and 3.3% of cisgender men), and 30.3% of LGBTI people aged 18 and over reported having attempted suicide at some point during their lives⁸
- 48.1% of transgender and gender diverse^{vi} people aged 14 to 25 reported that they had attempted suicide in their lifetime⁹
- 35% of transgender^{vii} people aged 18 and over reported that they had attempted suicide in their lifetime¹⁰
- 19% of people with an intersex variation aged 16 and over reported that they had attempted suicide on the basis of issues related to their intersex status¹¹
- 28% of gender questioning young people between 14 and 21 years reported that they had attempted suicide¹²

Statistics for the General Population

- 3.8% of people aged 16 to 17 reported that they had attempted suicide in the past 12 months¹³
- 5.3% of people aged 16 to 17 reported that they had attempted suicide in their lifetime¹⁴
- 3.2% of people (4.4% females; 2.1% males) aged 16 and over reported that they had attempted suicide in their lifetime; 0.4% of general population (0.5% females; 0.3% males) in the past 12 months¹⁵
- 1.1% of people (1.7% females; 0.5% males) aged 16 to 24 reported that they had attempted suicide in the past 12 months¹⁶
- 2.4% of people (3.4% females; 1.5% males) aged 12 to 17 reported that they had attempted suicide in the past 12 months¹⁷

ⁱ Note: the majority of research targeting adult LGBTIQ+ populations in Australia has not included questions on whether participants have attempted suicide.

ⁱⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

ⁱⁱⁱ Note: of 1032 survey participants, only three young people identified as having an intersex variation.

^{iv} Note: of 2651 survey participants, 20.4% were male and 79.6% were female. Transgender and gender diverse people were not included in the analysis.

^v Note: of 2328 survey participants, 34.3% were cisgender men, 43.5% cisgender women, 4.4% trans men, 4.2% trans women and 13.6% non-binary. There were 47 participants with an intersex variation/s.

^{vi} Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex.

^{vii} Note: the study participants were based in the UK and Ireland.

Suicidal Ideation

Compared to the general population, LGBTIQ+ people are more likely to have thoughts of suicide, specifically:

- LGBTQA+ young people aged 16 to 17 were over five times more likely to have experienced suicidal ideation in the past 12 months
- LGBTI people aged 18 and over were over eighteen times more likely to have considered attempting suicide in the previous 12 months
- Bisexual people aged 18 and over are nearly six times more likely
- People with an intersex variation aged 16 and over are nearly five times more likely

Statistics for LGBTIQ+ Populations

- 59.1% of LGBTQA+ⁱ young people aged 16 to 17 reported having experienced suicidal ideation in the past 12 months¹⁸
- 58.2% of LGBTQA+ young people aged 14 to 21 had seriously considered attempting suicide in the past 12 months¹⁹
- 24.4% of LGBTQA+ young people aged 14 to 21 had made a suicide plan in the past 12 months²⁰
- 15.15% of LGBTIⁱⁱ people aged 16 and over reported current thoughts of suicide in the past two weeks²¹
- 41.9% of LGBTI people aged 18 and overⁱⁱⁱ reported that they had considered attempting suicide in the previous 12 months and 74.8% had considered attempting suicide at some point during their lives²²
- 77.6% of bisexual^{iv} people aged 18 and over reported having thoughts of suicide in their lifetime²³
- 41% of transgender people and non-binary people aged 18 years and over reported thoughts of suicide or self-harm in the last two weeks²⁴
- 60% of people with an intersex variation aged 16 and over reported they had thoughts about suicide based on issues related to having congenital sex variation²⁵

Statistics for the General Population

- 11.2% of people aged 16 to 17 reported having experienced suicidal ideation in the past 12 months²⁶
- 13.3% of the general population (15% females; 11.5% males) aged 16 and over in Australia reported having experienced suicidal ideation in their lifetime; 2.3% of general population (2.7% females; 1.8% males) in the past 12 months²⁷
- 3.4% of the general population (1.7% of males and 5.1% of females) aged 16 to 24 in Australia reported having experienced suicidal ideation in the past 12 months²⁸
- 7.5% of people aged 12 to 17 reported that they had seriously considered attempting suicide in the past 12 months²⁹

ⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

ⁱⁱ Note: of 5467 survey participants, only 1.8% identified as transgender, and 0.3% identified as having an intersex variation.

ⁱⁱⁱ Note: of 2328 survey participants, 34.3% were cisgender men, 43.5% cisgender women, 4.4% trans men, 4.2% trans women and 13.6% non-binary. There were 47 participants with an intersex variation/s.

^{iv} Note: of 2651 survey participants, 20.4% were male and 79.6% were female. Transgender and gender diverse people were not included in the analysis.

Self-Harmⁱ

Compared to the general population, LGBTIQ+ people are more likely to have engaged in self-harm in their lifetime, specifically:

- LGBTQA+ young people are over four times as likely to engage in self-injury
- Transgender people aged 18 and over are six and a half times more likely
- People with an intersex variation aged 16 and over are over three times more likely
- LGBTQA+ young people who experience abuse and harassment are even more likely to have self-harmed

Statistics for LGBTIQ+ Populations

- 62.1% of LGBTQA+ young people aged 14 to 21 reported ever having self-harmed³⁰
- 40.1% of LGBTQA+ young people aged 14 to 21 reported having self-harmed in the past 12 months³¹
- 85.8% of trans men, 76.1% of non-binary people and 68% of trans women aged 14 to 21 reported ever having self-harmed³²
- 55.5% of trans men, 53.9% of non-binary people and 48% of trans women aged 14 to 21 reported having self-harmed in the past 12 months³³
- 33% of LGBTIⁱⁱ young people aged 16 to 27 reported having self-harmed, 41% had thoughts of harming themselves³⁴
- 53% of transgender people aged 18 and overⁱⁱⁱ reported having self-harmed in their lifetime, while 11% reported they were currently self-harming³⁵
- 79.7% of transgender and gender diverse^{iv} people aged 14 to 25 reported having self-harmed in their lifetime³⁶
- 26% of people with an intersex variation aged 16 and over reported having self-harmed based on issues related to having a congenital sex variation, while 42% reported having thoughts about self-harm³⁷
- 22% of same sex attracted and gender questioning young people between 14 and 21 years reporting having experienced thoughts about self-harming, which increased to 40% for those who had experienced verbal abuse and to 62% who had experienced physical abuse³⁸

Statistics for the General Population

- 14.1% of people (16.6% females; 11.6% males) aged between 15 and 19, and 21.25% of people (24.4% females; 18.1% males) aged between 20 and 24, reported having engaged in self injury in their lifetime³⁹
- 8.1% of people (8.7% females; 7.5% males) aged 16 and over reported having engaged in self-injury in their lifetime; and 1.1% of people (1.2% females; 1% males) in the past four weeks⁴⁰
- 10.9% of people aged 12 to 17 reported having ever self-harmed⁴¹

ⁱ Note: the majority of research targeting adult LGBTIQ+ populations in Australia has not included questions on whether participants have engaged in self-harm.

ⁱⁱ Note: of 1032 survey participants, only three young people identified as having an intersex variation.

ⁱⁱⁱ Note: the study participants were based in the UK and Ireland.

^{iv} Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex.

MENTAL HEALTH OUTCOMES

Mental Health Conditionsⁱ

Compared to the general population, LGBTIQ+ people are more likely to experience and be diagnosed with a mental health condition, specifically:

- LGBTIQ people are two and a half times more likely to have been diagnosed or treated for a mental health condition in the past 12 months

Statistics for LGBTIQ+ Populations

- 63.8% of LGBTQA+ⁱⁱ young people aged 14 to 21 reported having ever been diagnosed with a mental health condition⁴²
- 44.5% of LGBTQA+ young people aged 14 to 21 reported receiving treatment or support for a mental health condition in the past 12 months⁴³
- 69.9% of LGBTQA+ young people aged 14 to 21 who reported being diagnosed with a mental illness in their lifetime had received professional treatment or support in the past 12 months⁴⁴
- 73.2% of LGBTIQ people aged 18 and over reported having ever been diagnosed with a mental health condition; 51.9% reported being diagnosed or treated for a mental health condition in the past 12 months⁴⁵

Statistics for the General Population

- 45.5% of people aged 16 and over reported having a mental disorder in their lifetime; 20% of people aged 16 and over (22.3% female; 17.6% male) reporting having met the criteria for a mental disorder and having symptoms in the past 12 months⁴⁶
- 13.9% of young people aged 4-17 met the clinical criteria for one or more mental disorders in the past 12 months⁴⁷
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Depression

Compared to the general population, LGBTIQ+ people are more likely to experience and be diagnosed with depression, specifically:

- LGBTI people are nearly six times more likely
- Transgender and gender diverse people aged 14 to 25 are over seven times more likely
- Transgender and gender diverse people aged 18 and over are five and a half times more likely
- People with an intersex variation are over twice as likely

ⁱ Includes depression, anxiety and other mental health conditions.

ⁱⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

Statistics for LGBTIQ+ Populations

- 48.3% of LGBTQA+ⁱ young people aged 14 to 21 reported ever being diagnosed with depression⁴⁸
- 60.5% of LGBTIQ people aged 18 and over reported having ever been diagnosed with depression⁴⁹
- 24.4% LGBTI people aged 16 and overⁱⁱ reported that they currently met the full criteria for a major depressive episode⁵⁰
- 30.5% of LGBT people aged 16 and overⁱⁱⁱ reported having been diagnosed or treated for depression in the last three years⁵¹
- 57.2% of transgender and gender diverse people aged 18 and over reported having been diagnosed with depression in their lifetime⁵²
- 74% of transgender and gender diverse^{iv} people aged 14 to 25 reported having been diagnosed with depression in their lifetime⁵³
- 21.3% of people with intersex variations aged 16 and over reported having been diagnosed with depression⁵⁴

Statistics for the General Population

- 10.4% of Australians (11.6% females; 9.1% males) reported having depression or feelings of depression at the time of taking the survey⁵⁵

Anxiety

Compared to the general population, LGBTIQ+ people are more likely to experience and be diagnosed with anxiety, specifically:

- LGBTI people are over three times as likely to report having an anxiety-related condition
- Transgender people aged 14 to 25 are five and a half times more likely to be diagnosed with anxiety in their lifetime

Statistics for LGBTIQ+ Populations

- 49.5% of LGBTQA+ young people aged 14 to 21 reported ever being diagnosed with generalised anxiety disorder⁵⁶
- 47.2% of LGBTI people aged 18 and over reported having ever been diagnosed with generalised anxiety disorder⁵⁷
- 31.5% of homosexual/bisexual people aged 16 and over in Australia reporting they had met the criteria for an anxiety disorder in the past 12 months⁵⁸
- 20.3% of LGBTI people aged 16 and over^v reported that they had been diagnosed with anxiety in their lifetime⁵⁹
- 39.9% of transgender and gender diverse people aged 18 and over reported they had been diagnosed with an anxiety disorder in their lifetime⁶⁰
- 72.5% of transgender and gender diverse^{vi} people aged 14 to 25 reported they had been diagnosed with an anxiety disorder in their lifetime⁶¹
- 12.9% of people with an intersex variation aged 16 and over reported they had been diagnosed with anxiety⁶²

i Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

ii Note: of 5467 survey participants, 1.8% identified as transgender, and 0.3% identified as having an intersex variation.

iii Note: of 3835 survey participants, 7.41% identified as transgender, and people with an intersex variation were not included in data collection.

iv Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex.

v Note: of 5467 survey participants, only 1.8% identified as transgender, and 0.3% identified as having an intersex variation.

vi Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex.

Statistics for the General Population

- 13.1% of Australians (15.7% females, 10.6% males; 24.6% of females aged 15-24, 13.9% of males aged 15-24) reported having an anxiety-related condition at the time of taking the survey⁶³

Psychological Distress

Compared to the general population LGBTIQ+ people experience higher levels of psychological distress, specifically:

- LGBTQA+ⁱ young people aged 16 to 17 were over three times more likely to report high or very high levels of psychological distress
- LGBT people score higher on the Kessler Psychological Distress (K10) Scale
- LGBT people who have experienced verbal abuse, physical abuse and harassment score higher on the K10 scale indicating high levels of psychological distress

Statistics for LGBTIQ+ Populations

- 83.3% of LGBTQA+ young people aged 16 to 17 reported high or very high levels of psychological distress⁶⁴
- LGBT people aged 16 and overⁱⁱ scored an average K10 score of 19.6, indicating moderate levels of psychological distress⁶⁵
- LGBT people aged 16 and over who reported having experienced one or more incidents of heterosexual harassment or abuse in the past 12 months reported higher mean K10 scores than those who reported no such incidents in the same period⁶⁶
- 57.2% of LGBTIQ people aged 18 and overⁱⁱⁱ reported high or very high levels of psychological distress. By gender: 75.8% of trans men, 65.6% of trans women, 74.9% of non-binary participants, 59.4% of cisgender women and 43.7% of cisgender men. By sexual orientation: 75.9% of pansexual participants, 66.7% of bisexual participants, 71.7% of asexual participants, 67.8% of queer participants, 50.6% of lesbian participants and 43.7% of gay participants.⁶⁷
- Bisexual^{iv} people aged 18 and over scored an average K10 score of 24.34, indicating high levels of psychological distress⁶⁸

Statistics for the General Population

- 27.3% of people aged 16 to 17 reported high or very high levels of psychological distress⁶⁹
- The average K10 score for the general population aged 16 and over in Australia is 14.5, indicating low levels of psychological distress⁷⁰
- 70% of the general population aged 16 and over in Australia has a K10 score in the low range, 20% in the moderate range, 7% in the high range and 3% in the very high range⁷¹
- 50.9% of the general population aged 11 and 17 in Australia has a K10 score in the low range, 29.1% in the moderate range, 13.3% in the high range and 6.6% in the very high range⁷²

i Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

ii Note: of 3835 survey participants, 7.41% identified as transgender, and people with an intersex variation were not included in data collection.

iii Note: of 2328 survey participants, 34.3% were cisgender men, 43.5% cisgender women, 4.4% trans men, 4.2% trans women and 13.6% non-binary. There were 47 participants with an intersex variation/s.

iv Note: of 2651 survey participants, 20.4% were male and 79.6% were female. Transgender and gender diverse people were not included in the analysis.

USE OF CRISIS SUPPORT SERVICES

- 38.1% of LGBTQA+ⁱ people aged 14 to 21 who had experienced any suicidal ideation, planning or attempts, or self-harm ideation or attempts in the past 12 months had accessed a professional service regarding suicide or self-harm in this time frame⁷³
- 59.3% of LGBTQA+ people aged 14 to 21 who had accessed any professional counselling or support service in regard to suicide or self-harm in the past 12 months reported that the support service resulted in their situation improving (reported as being better or much better) the last time they accessed it in the past 12 months⁷⁴
- 71% of LGBTI+ peopleⁱⁱ aged 16 to 27 indicated that they did not use a crisis support service during their most recent personal or mental health crisis⁷⁵
- 32.6% of LGBTI+ people aged 16 to 27 who had not used a crisis support service during their most recent personal or mental health crisis indicated that their decision was due to anticipated discrimination⁷⁶
- 29% of LGBTI+ people aged 16 to 27 who had not used a crisis support service during their most recent personal or mental health crisis indicated that their decision was due to not thinking that their experience warranted crisis intervention⁷⁷
- 28.8% of LGBTI+ people aged 16 to 27 who had not used a crisis support service during their most recent personal or mental health crisis indicated that their decision was due to being unaware of crisis support services or unaware of LGBTI+ specialist services⁷⁸

DISAGGREGATING LGBTIQ+

Lesbian and Gay People

The mental health and wellbeing of gay and lesbian people differs, specifically:

- Lesbian people aged 14 to 21 reported higher levels of psychological distress than gay people
- Lesbian people are more likely to be diagnosed and treated for mental disorder or anxiety, and are more likely to engage in self-harm and attempt suicide than gay people
- Gay people are more likely to have thoughts about suicide, but lesbian people are almost more than twice as likely to attempt suicide
- Gay and lesbian people aged 16 and over have a similar level of psychological distress

Population Statistics for Lesbian People

- 83.3% of lesbianⁱⁱⁱ people aged 14 to 21 reported experiencing high or very high levels of psychological distress⁷⁹
- 61.7% of lesbian people aged 14 to 21 reported having experienced suicidal ideation in the past 12 months⁸⁰
- 14.1% of lesbian people aged 14 to 21 reported having attempted suicide in the past 12 months⁸¹
- 44% of lesbian people aged 16 to 27 reported thoughts about suicide, 20% had attempted suicide⁸²
- 46% of lesbian people aged 16 to 27 reported having self-harmed, 48% reported thoughts about harming themselves⁸³
- 39.1% of lesbian people aged 16 and over reported having been diagnosed or treated for any mental disorder in the past three years⁸⁴
- 31% of lesbian people aged 16 and over reported having been diagnosed or treated for anxiety in the last three years⁸⁵

i Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

ii Note: of 472 participants, 3% identified as agender, 47% identified as female, 8% identified as genderqueer, 20% identified as male, 3% identified as trans-male, 9% identified as trans-female and 10% identified as other. Only one participant identified they were born with an intersex variation.

iii Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

- Lesbian people aged 16 and over averaged a K10 score of 19, indicating a moderate level of psychological distress⁸⁶

Population Statistics for Gay People

- 67.3% of gay people aged 14 to 21 reported experiencing high or very high levels of psychological distress⁸⁷
- 47.3% of gay people aged 14 to 21 reported having experienced suicidal ideation in the past 12 months⁸⁸
- 7.8% of gay people aged 14 to 21 reported attempting suicide in the past 12 months⁸⁹
- 46% of gay people aged 16 to 27 reported thoughts about suicide, 14% had attempted suicide⁹⁰
- 21% of gay people aged 16 to 27 reported having self-harmed, 40% had had thoughts about harming themselves⁹¹
- 29.8% of gay people aged 16 and over reported being diagnosed or treated for any mental disorder in the past three years⁹²
- 23.5% of gay people aged 16 and over reported being diagnosed or treated for anxiety in the last three years⁹³
- Gay people aged 16 and over average a K10 score of 18.8, indicating a moderate level of psychological distress⁹⁴

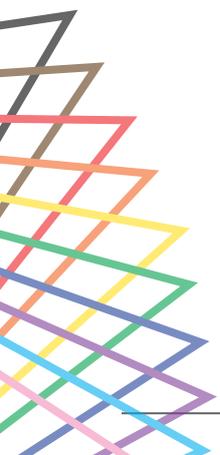
Bisexual People

There are differences between the mental health and wellbeing of gay and lesbian people, and bisexual people, specifically:

- Bisexual people are more likely to be diagnosed and treated for mental disorder or anxiety
- Bisexual people have higher levels of psychological distress

There are also differences between the mental health and wellbeing of bisexual men and bisexual women, specifically:

- Bisexual women are more likely to be diagnosed or treated for a mental disorder or anxiety, to have higher levels of psychological distress, and to self-harm
- Bisexual men are more likely to think about suicide, but both bisexual women and bisexual men have similar rates of suicide attempts



Statistics for Bisexual People

- 59.2% of bisexualⁱ people aged 14 to 21 reported having experienced suicidal ideation in the past 12 months⁹⁵
- 8.7% of bisexual people aged 14 to 21 reported attempting suicide in the past 12 months⁹⁶
- 29% of bisexual women aged 16 to 27 reported thoughts about suicide, 10% had attempted suicide⁹⁷
- 30% of bisexual women aged 16 to 27 reported having self-harmed, 31% reported thoughts of harming themselves⁹⁸
- 50.6% of bisexual women aged 16 and over reported having been diagnosed or treated for any mental disorder in the past three years⁹⁹
- 38.8% of bisexual women aged 16 and over reported having been diagnosed or treated for anxiety in the last three years¹⁰⁰
- Bisexual women aged 16 and over averaged a K10 score of 21.8, indicating moderate levels of psychological distress¹⁰¹
- 32% of bisexual men aged 16 to 27 reported thoughts about suicide, 9% had attempted suicide¹⁰²
- 17% of bisexual men aged 16 to 27 reported having self-harmed, 32% reported thoughts about harming themselves¹⁰³
- 34.1% of bisexual men aged 16 and over reported having been diagnosed or treated for any mental disorder in the past three years¹⁰⁴
- 20.9% of bisexual men aged 16 and over reported having been diagnosed or treated for anxiety in the last three years¹⁰⁵
- Bisexual men aged 16 and over averaged a K10 score of 20.5, indicating moderate levels of psychological distress¹⁰⁶

Pansexual, Queer and Asexual People

Statistics for Pansexual People

- 88.1% of pansexual people aged 14 to 21 reported experiencing high or very high levels of psychological distress¹⁰⁷
- 67.4% of pansexual people aged 14 to 21 reported having experienced suicidal ideation in the past 12 months¹⁰⁸
- 13.4% of pansexual people aged 14 to 21 reported attempting suicide in the past 12 months¹⁰⁹

Statistics for Queer People

- 86.6% of queer people aged 14 to 21 reported experiencing high or very high levels of psychological distress¹¹⁰
- 62.4% of queer people aged 14 to 21 reported having experienced suicidal ideation in the past 12 months¹¹¹
- 11.6% of queer people aged 14 to 21 reported attempting suicide in the past 12 months¹¹²

Statistics for Asexual People

- 83.4% of asexual people aged 14 to 21 reported experiencing high or very high levels of psychological distress¹¹³
- 54.6% of asexual people aged 14 to 21 reported having experienced suicidal ideation in the past 12 months¹¹⁴
- 6.6% of asexual people aged 14 to 21 reported attempting suicide in the past 12 months¹¹⁵

ⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

Transgender and Gender Diverse People

There are differences between the mental health and wellbeing of transgender and gender diverse people, and cisgender people, specifically:

- Transgender people experience a higher rate of suicide attempts than cisgender people. Transgender people aged 14-25 are fifteen times more likely to attempt suicide than the general population
- Transgender and non-binary people experience high levels of psychological distress, compared to moderate levels experienced by cisgender people
- Transgender and gender diverse people aged 16 and over are nearly four times more likely to have experienced sexual violence or coercion

Statistics for Transgender and Gender Diverse People

- 90.2% of transgender and gender diverseⁱ people aged 14 to 21 reported experiencing high or very high levels of psychological distress¹¹⁶
- 56.2% of transgender and gender diverse people aged 14 to 21 reported experiencing verbal harassment based on their sexuality or gender identity in the past 12 months¹¹⁷
- 14% of transgender and gender diverse people aged 14 to 21 reported experiencing physical harassment or assault based on their sexuality or gender identity in the past 12 months¹¹⁸
- 27.4% of transgender and gender diverse people aged 14 to 21 reported experiencing sexual harassment or assault based on their sexuality or gender identity in the past 12 months¹¹⁹
- 35% of transgenderⁱⁱ people aged 18 and over reported having attempted suicide in their lifetime¹²⁰
- 41% of transgender people and non-binary people aged 18 years and over reported thoughts of suicide or self-harm in the last two weeks¹²¹
- 39.9% of transgender and gender diverse people aged 18 and over reported having been diagnosed with an anxiety disorder in their lifetime, with 62.1% diagnosed in the past 12 months¹²²
- 57.2% of transgender and gender diverse people aged 18 and over reported having been diagnosed with depression in their lifetime, with 54.2% diagnosed in the past 12 months¹²³
- 53.2% of transgender and gender diverse people aged 16 and over reported having experienced sexual violence or coercion, compared with 13.3% of the general population¹²⁴

Statistics for Transgender Women

- 20% of trans women aged 14 to 21 had attempted suicide in the past 12 months (compared with 9.1% of cisgender women and 6.7% of cisgender men)¹²⁵
- 44.2% of transgender women aged 18 and over reported current thoughts about suicide or self-harm in the last two weeks¹²⁶
- 57.4% of transgender women aged 16 and over reported being diagnosed or treated with any mental disorder in the past three years¹²⁷
- 58.9% of transgender women aged 18 and over reported having been diagnosed with depression in their lifetime¹²⁸
- 34.4% of transgender women aged 16 and over reported having been diagnosed or treated for anxiety in the last three years¹²⁹
- Transgender women averaged a K10 score of 23.2, indicating high levels of psychological distress¹³⁰

ⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQIA+ young people only (n = 6,418).

ⁱⁱ Note: the study participants were based in the UK and Ireland.

Statistics for Transgender men

- 16.7% of trans men aged 14 to 21 had attempted suicide in the past 12 months (compared with 9.1% of cisgender women and 6.7% of cisgender men)¹³¹
- 40.5% of transgender men aged 18 and over and reported current thoughts about suicide or self-harm in the last two weeks¹³²
- 55.3% of transgender men aged 16 and over reported having been diagnosed or treated with any mental disorder in the past three years¹³³
- 62.1% of transgender men aged 18 and over reported having been diagnosed with depression in their lifetime¹³⁴
- 42.6% of transgender men aged 16 and over reported having been diagnosed or treated for anxiety in the last three years¹³⁵
- Transgender men averaged a K10 score of 23.22, indicating high levels of psychological distress¹³⁶

Statistics for Non-Binary people

- 13.2% of non-binaryⁱ participants had attempted suicide in the past 12 months (compared with 9.1% of cisgender women and 6.7% of cisgender men)¹³⁷
- 91.4% of non-binary people assigned female at birth (AFAB) aged 14 to 21 reported experiencing high or very high levels of psychological distress¹³⁸
- 84% of non-binary people assigned male at birth (AMAB) aged 14 to 21 reported experiencing high or very high levels of psychological distress¹³⁹
- 37.5% of non-binary people assigned female at birth, and 30.2% of non-binary people assigned male at birth aged 18 years and over reported thoughts of suicide or self-harm in the last two weeks¹⁴⁰
- 54.4% of non-binary people assigned female at birth, and 40.6% of non-binary people assigned male at birth aged 18 and over reported having been diagnosed with depression in their lifetime¹⁴¹
- 49.3% of non-binary people assigned female at birth and 30.2% of non-binary people assigned male at birth aged 18 and over reported having been diagnosed with an anxiety disorder in their lifetime¹⁴²
- 66.1% of non-binary people assigned female at birth and 44.5% of non-binary people assigned male at birth, aged 16 and over, reported having experienced sexual violence or coercion¹⁴³

Intersex people

There are significant differences between the mental health and wellbeing of lesbian, gay, bisexual and transgender people, and people with an intersex variation, with social and medical constructions playing an important role in how people feel about their own bodies and intersex variations. For many, wellbeing is impacted as a result of having undergone medical interventions, including unwanted surgery, beginning hormone therapies and feeling emotionally impacted or unlike themselves¹⁴⁴.

Statistics for People with an Intersex Variation

- 60% of people with an intersex variation reported that they had experienced a medical treatment intervention related to their intersex variation, with over half being before they were aged under 18 years¹⁴⁵
- 19% of people with an intersex variation aged 16 and over reported having attempted suicide on the basis of issues related to having a congenital sex variation¹⁴⁶
- 60% of people with an intersex variation aged 16 and over reported having thought about suicide on the basis of issues related to having a congenital sex variation¹⁴⁷
- 42% of people with an intersex variation aged 16 and over reported having thought about self-harm, and 26% had engaged in self-harm on the basis of issues related to having a congenital sex variation¹⁴⁸
- 41% of people with an intersex variation aged 16 and over described their mental health as fair or poor¹⁴⁹
- 21.3% of people with intersex variations aged 16 and over reported having been diagnosed with depression¹⁵⁰

ⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

- 12.9% of people with an intersex variation aged 16 and over reported having been diagnosed with anxiety¹⁵¹
- 7.7% of people with an intersex variation reported having been diagnosed with Post-Traumatic Stress Disorder¹⁵²

ACROSS THE LIFE SPAN

There are differences between the mental health and wellbeing of younger LGBTIQ+ people and older LGBTIQ+ people, specifically:

- LGBTQA+ young people were more than twice as likely to have attempted suicide in the past 12 months than older LGBTQA+ people
- LGBTQA+ young people aged 16 to 24 have a higher rate of being diagnosed with a mental disorder than older LGBTQA+ people

Statistics for LGBTI Younger People

- 11% of LGBTQA+ⁱ young people aged 16 to 17 had attempted suicide in the past 12 months¹⁵³
- 25.6% of LGBTQA+ young people aged 16 to 17 had attempted suicide in their lifetime¹⁵⁴
- 59.1% of LGBTQA+ young people aged 16 to 17 reported having experienced suicidal ideation in the past 12 months¹⁵⁵
- 58.2% of LGBTQA+ young people aged 14 to 21 had seriously considered attempting suicide in the past 12 months¹⁵⁶
- 24.4% of LGBTQA+ young people aged 14 to 21 had made a suicide plan in the past 12 months¹⁵⁷
- 62.1% of LGBTQA+ young people aged 14 to 21 reported ever having self-harmed¹⁵⁸
- 40.1% of LGBTQA+ young people aged 14 to 21 reported having self-harmed in the past 12 months¹⁵⁹
- 63.8% of LGBTQA+ young people aged 14 to 21 reported having ever been diagnosed with a mental health condition¹⁶⁰
- 48.3% of LGBTQA+ young people aged 14 to 21 reported ever being diagnosed with depression¹⁶¹
- 49.5% of LGBTQA+ young people aged 14 to 21 reported ever being diagnosed with generalised anxiety disorder¹⁶²
- 83.3% of LGBTQA+ young people aged 16 to 17 reported high or very high levels of psychological distress¹⁶³
- 16% of LGBTIⁱⁱ young people aged 16 to 27 reported that they had attempted suicide¹⁶⁴
- 42% of LGBTI young people aged 16 to 27 reported having thoughts about suicide¹⁶⁵
- 33% of LGBTI young people aged 16 to 27 reported having self-harmed, 41% reported thoughts of harming themselves¹⁶⁶
- 47.7% of LGBT people (48.2% women; 29.3% men) aged 16 to 24 reported being diagnosed or treated for any mental disorder in the past three years¹⁶⁷
- 71% of LGBTI+ people aged 16 to 27 indicated that they did not use a crisis support service (CSS) during their most recent personal or mental health crisis¹⁶⁸
- 43.5% of transgender and gender diverse people aged 18 to 19 reported having a major depressive syndrome¹⁶⁹
- 72.5% of transgender and gender diverseⁱⁱⁱ people aged 14 to 25 reported having been diagnosed with an anxiety disorder in their lifetime¹⁷⁰
- LGBT young people aged 16 to 24 averaged a K10 score of 23.8, indicating high levels of psychological distress¹⁷¹

ⁱ Note: the researchers were not able to recruit a sufficient sample of young people with an intersex variation. Therefore, the survey was of LGBTQA+ young people only (n = 6,418).

ⁱⁱ Note: of 1032 survey participants, only 3 young people identified as having an intersex variation.

ⁱⁱⁱ Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex.

Statistics for LGBTI Older People

- 5.2% of LGBTIQⁱ people aged 18 and over reported having attempted suicide in the past 12 months¹⁷²
- 30.3% of LGBTIQ people aged 18 and over reported having attempted suicide in their lifetime¹⁷³
- 60.5% of LGBTIQ people aged 18 and over reported having ever been diagnosed with depression¹⁷⁴
- 47.2% of LGBTIQ people aged 18 and over reported having ever been diagnosed with anxiety¹⁷⁵
- 57.2% of LGBTIQ people aged 18 and over reported high or very high levels of psychological distress¹⁷⁶
- 32.5% of LGBT people aged 45 to 59 (28.7% men and 36.2% women) reported having been diagnosed or treated for any mental disorder in the past three years¹⁷⁷
- 19.2% of LGBT people aged 60 to 89 (21.6% men and 16.7% women) reported having been diagnosed or treated for any mental disorder in the past three years¹⁷⁸
- 19.4% of transgender and gender diverse people aged 50 and over reported having a major depressive syndrome¹⁷⁹
- 10.2% of transgender and gender diverse people aged 50 and over reported having an anxiety syndrome
- LGBT older people aged 49 to 59 averaged a K10 score of 19.11, indicating moderate levels of psychological distress¹⁸⁰
- Gay and lesbian people and transgender women and aged 60 to 89 averaged a K10 score is 16, indicating moderate levels of psychological distress¹⁸¹

Statistics for the General Population aged 16 to 24

- 1.1% of people (1.7% females; 0.5% males) aged 16 to 24 reported having attempted suicide in the past 12 months¹⁸²
- 3.4% of the general population (1.7% of males and 5.1% of females) aged 16 to 24 in Australia reported having suicidal ideation in the past 12 months¹⁸³
- 14.1% of people (16.6% females; 11.6% males) aged between 15 and 19, and 21.25% of people (24.4% females; 18.1% males) aged between 20 and 24, reported having engaged in self injury in their lifetime¹⁸⁴
- 26.4% of young people (30.1% females, 22.8% males) aged 16 to 24 reported having met the criteria for a diagnosis of a mental disorder in the past 12 months.¹⁸⁵
- 6.3% of young people (8.4% females, 4.3% males) in the general population aged 16 to 24 reported having met the criteria for an affective disorder, and 2.8% for a depressive episode in the past 12 months¹⁸⁶
- 15.4% of young people (21.7% females, 9.3% males) aged 16 to 24 reported having met the criteria for an anxiety disorder, 1.3% for a Generalised Anxiety Disorder in the past 12 months¹⁸⁷

Statistics for the General Population aged 55 and over

- 1.5% of people (1.7% males; 1.4% females) aged 55 to 64, 1.1% aged 65 to 77 and 0.8% aged 75 to 85 reported having experienced suicidal ideation in the past 12 months¹⁸⁸
- 13.6% of the general population aged 55 to 64, 8.6% aged 65 to 74, and 5.9% aged 75 to 85 reported having been diagnosed with a mental disorder in the past 12 months
- 11.3% of the general population aged 55 to 64, 6.3% aged 65 to 74, and 4% aged 75 to 85 reported having been diagnosed with an anxiety disorder in the past 12 months
- 4.2% of the general population aged 55 to 64, 2.8% aged 65 to 74, and 1.8% aged 75 to 85 reported having been diagnosed with an affective disorder in the past 12 months

ⁱ Note: of 2328 survey participants, 34.3% were cisgender men, 43.5% cisgender women, 4.4% trans men, 4.2% trans women and 13.6% non-binary. There were 47 participants with an intersex variation/s.

INTERSECTIONS

When considering mental health statics for LGBTIQ+ people, it is vital to consider how intersections with other identities and experiences may impact on an individual's wellbeing; however, available research often has not provided a comprehensive analysis of data.

Population Group	What We Know
Aboriginal and Torres Strait Islander People	<ul style="list-style-type: none"> • 4% of people with an intersex variation¹⁸⁹ • 1.5% of LGBTI people aged 16 to 27¹⁹⁰ • 3% of LGBT people aged 14 to 21¹⁹¹ • 2.3% LGBT people aged 16 and over¹⁹² • 2.7% of LGBTIQ people aged 18 and over¹⁹³ • 2.3% of transgender and gender diverse people aged 18 and over¹⁹⁴ • 3.7% of transgender and gender diverseⁱ people aged 14 to 25¹⁹⁵
People with a Cultural and Linguistic Diversity	<ul style="list-style-type: none"> • 28.6% of LGBTI people aged 16 to 27 report a racial or ethnic background other than Anglo-Celtic. 18% report having experienced a conflict between their cultural background and their sexuality or gender identity¹⁹⁶ • 18% of LGBT people aged 14 to 21 report being culturally and linguistically diverse¹⁹⁷ • 16% of transgender and gender diverse people aged 14 to 25 were born overseas¹⁹⁸ • 16% of LGBTIQ people aged 18 and over were born overseas¹⁹⁹ • 18.2% LGBT aged 16 and over were born overseas²⁰⁰ • 20.2% of transgender and gender diverse people aged 18 and over were born overseas, and 5.5% are from a non-English speaking background²⁰¹
People with Disabilities	<ul style="list-style-type: none"> • 39% of LGBTQA+ⁱⁱ people aged 14 to 21 identify as having a disability or long-term health condition²⁰² • 27% of people with an intersex variation aged 16 and over identify as having one or more disabilities²⁰³ • 36% of transgender people aged 18 and overⁱⁱⁱ identify as having a mental health issue that they described as being a disability or chronic health condition²⁰⁴
People From Rural, Regional and Remote Areas	<ul style="list-style-type: none"> • 24.9% of LGBTQA+^{iv} people aged 14 to 21 live in regional towns or cities and 10.5% live in rural or remote locations²⁰⁵ • 5.9% of transgender and gender diverse people aged 18 and over (1.7% transgender men, 8.1% transgender women) live in regional or remote Australia²⁰⁶ • 18% of LGBT young people aged 14 to 21 live in rural areas, 2% in remote areas²⁰⁷ • 20% of LGBT people aged 16 and over live in inner and outer regional areas, and 0.7% in rural and remote areas²⁰⁸ • 22.3% of LGBTIQ people aged 18 and over reported residing in regional cities or towns and 6.4% in rural and remote regions²⁰⁹

i Note: of 859 survey participants, 74.4% were assigned female at birth, 25.6% were assigned male at birth, and 1.6% identified as intersex.

ii Note: of 2328 survey participants, 34.3% were cisgender men, 43.5% cisgender women, 4.4% trans men, 4.2% trans women and 13.6% non-binary. There were 47 participants with an intersex variation/s.

iii Note: the study participants were based in the UK and Ireland.

iv Note: of 2328 survey participants, 34.3% were cisgender men, 43.5% cisgender women, 4.4% trans men, 4.2% trans women and 13.6% non-binary. There were 47 participants with an intersex variation/s.



<p>People Experiencing Homelessness</p>	<ul style="list-style-type: none"> • 23.6% of LGBTQA+ people aged 14 to 21 have experienced one or more forms of homelessness in their lifetime, and 11.5% had this experience in the past 12 months ²¹⁰ • 6% of intersex people report they have precarious accommodation or homelessness, couch surfing or living on the street.²¹¹ • 22% of transgender and gender diverseⁱ people aged 14 to 25 report experiencing accommodation issues and homelessness²¹² • 22% of LGBTIQ people aged 18 and over reported having ever experienced homelessness. Trans and gender diverse people reported higher rates of ever experiencing homelessness (34% of trans men, 33.8% of non-binary participants and 31.9% of trans women)²¹³ • 51% of LGB young people, and 71% of gender diverse young people aged 14 to 21 don't live at home with family ²¹⁴
<p>People Experiencing Intimate Partner and/or Family Violence</p>	<ul style="list-style-type: none"> • 41.7% of LGBTIQ people aged 18 and over reported having ever been in an intimate relationship where they felt they were abused in some way by their partner/s²¹⁵ • 38.5% of LGBTIQ people aged 18 and over reported ever feeling abused by a family member²¹⁶ • 48.6% of LGBTIQ people aged 18 and over reported having ever been coerced or forced into sexual acts they did not want to engage in²¹⁷

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