



Nurturing Resilience: LGBTQ+ Suicide Prevention

The Kim Foundation

WHAT WE WILL TALK ABOUT

- Introduction to The Kim Foundation
- Nebraska Data
- Suicide Risk Factors & Warning Signs
- Protective Factors
- Nurturing Resilience
- Resources



TAKE TIME TO CHECK IN WITH YOURSELF



- This presentation is meant to generate thought and promote discussion, but we recognize that this topic may be difficult to discuss and may contain sensitive material.
- Some of you may have had personal experience with suicide and it may be difficult to participate. At any time, feel free to leave the room if you are having difficulty.

WHO WE ARE & WHAT WE DO



- We were founded in 2001 by Larry Courtnage after his daughter Kim, died by suicide.
- Our team of 6 strives to:
 - Connect people to resources
 - Provide grants to local nonprofits
 - Increase awareness about mental health and suicide prevention
 - Break down the stigmas associated with seeking mental health care



OUR INITIATIVES



**NEBRASKA SCHOOL
MENTAL HEALTH
CONFERENCE**

Resiliency, Advocacy, and Celebration!

A Time for
HOPE & *Healing*

Metro Area
Suicide Prevention Coalition

A community collaboration working
to end suicide in the Metro Area

**CHALK
IT UP**

for
More Tomorrows

MoreTomorrowsNE.org

Be there.

So they can be here for more tomorrows.

Learn more at MoreTomorrowsNE.org



**MORE
TOMORROWS**

HOPE · HELP · HEALING TO PREVENT SUICIDE

Building suicide awareness by empowering people
to learn the warning signs and save lives

MoreTomorrowsNE.org

**Metro Area
LOSS Team**

Local Outreach to Suicide Survivors

EmPOWER

Youth Summit

METRO AREA
**YOUTH
ADVISORY COUNCIL**

it's our time to speak up

BOYSTOWN 

A LACK OF UNDERSTANDING

“LGBTQ young people are not inherently prone to suicide risk because of their sexual orientation or gender identity, but rather placed at higher risk because of how they are mistreated and stigmatized in society.”

- *The Trevor Project*



IN NEBRASKA



- 50% of LGBTQ youth seriously considered suicide in the past year
- 73% of LGBTQ youth reported experiencing symptoms of anxiety
- 61% of LGBTQ youth reported experiencing symptoms of depression
- 59% of LGBTQ youth who wanted mental health care were not able to get it
 - Of those:
 - 50% were afraid to talk about mental health concerns
 - 47% didn't want to get parents' permission
 - 38% couldn't afford it
 - 35% didn't think they'd be taken seriously
 - 30% feared being outed

SUICIDE RISK FACTORS

Risk factors are a combination of factors that contribute to the risk of suicide. They are not direct causes of suicide.

- Death or other trauma in the family
- Mental health conditions
- Physical illness, pain, or disability
- Social isolation
- Persistent serious family conflict
- Traumatic breakups of romantic relationships
- Physical & sexual abuse
- Trouble with the law
- Failures and major disappointments
- Bullying or harassment
- Financial struggles
- Prior suicide attempts



Talking about
killing
themselves



Increasing the use
of alcohol or drugs



Uncontrollable
anger or sadness



Irrational
mood swings



Feeling worthless
& without purpose



Feeling hopeless,
desperate, or
trapped



Loss of interest in
things they
enjoyed



Withdrawal from
loved ones



Anxiety and/or
depression



Change in sleep
and/or eating habits



Neglecting
personal
hygiene & care



Self-injury or
reckless
behavior



Communicating
unusual
thoughts



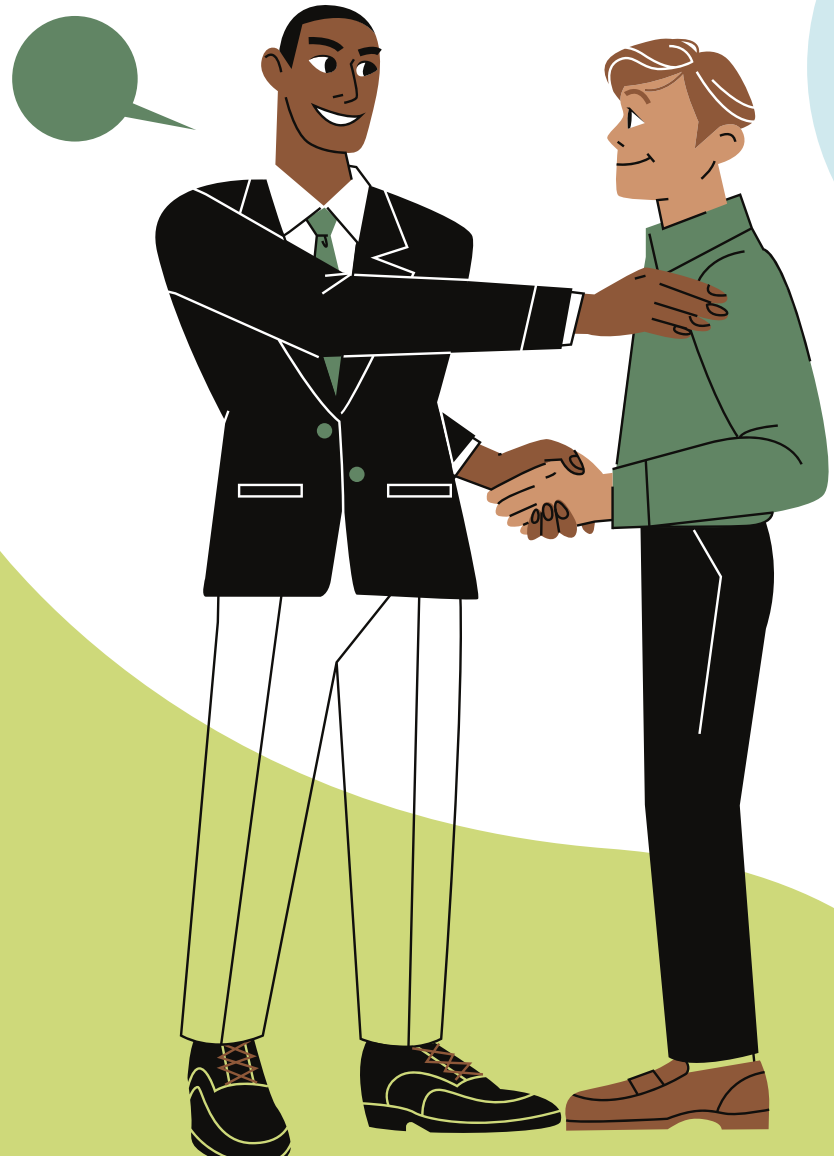
Giving away
prized possessions

POTENTIAL WARNING SIGNS

CONVERSATIONS STARTERS



People in distress often need someone to talk to about suicidal thoughts. To start the conversation, try to find a safe, private and quiet space where they can talk freely about their feelings.



"I feel like you haven't been yourself lately. I am concerned about you. Can we talk?"

"I may not know exactly how you feel, but you matter to me and I want to help."

"I want to respect your privacy, but I'm worried about you."

"How have you been coping recently? What's happening in your life?"

I really care about you and I can tell something is wrong. Can you tell me how I can help?"

PROTECTIVE FACTORS

Protective factors help reduce a person's chances of having suicidal thoughts or actions.



- Being involved in hobbies or activities with other LGBTQ individuals
- Family acceptance and parent engagement
- Being connected to your community with a strong peer support
- Safe, supportive, and inclusive school, work, and community environments
- Access to care
- Not having access to means

NURTURING RESILIENCE

LGBTQ young people who have access to affirming homes, schools, community events, and online spaces report lower rates of attempting suicide compared to those who do not.

What makes a space “affirming” for LGBTQ youth?

- opportunity to be near other LGBTQ people
- rules protecting LGBTQ people from harassment
- LGBTQ staff members
- public statements affirming LGBTQ people
- LGBTQ-specific clubs
- Pride flags
- asking for pronouns

NURTURING RESILIENCE



Transgender and nonbinary young people who reported that all of the people they live with respect their pronouns also reported lower rates of attempting suicide.

RESPECTING PRONOUNS

- Don't assume someone's gender or pronouns.
- Sharing your own pronouns may create a safe space for others to share theirs with you.
- Once you know someone's pronouns, be mindful to use them properly.

HOW CAN I HELP?

Those who do not identify as LGBTQ+ can show support.

SEEK UNDERSTANDING

- Learn key terms and concepts, like the difference between “sex” and “gender.”
- If you don’t understand sexual orientations or gender identities, research terms.
- Try not to lean on your LGBTQ friend to be your personal guide. Take the initiative and search through the vast online resources to educate yourself.
- Be honest about what you still don’t understand and have open conversations.

SPEAK UP

- Support policies at school, work, and society that help protect LGBTQ people from discrimination.
- Speak out against anti-LGBTQ policies that can have a negative impact on their mental health.
- Be open and proud about being an ally.
- Create an affirming space for LGBTQ individuals.

RESOURCES



- Suicide & Crisis Lifeline- 988 (press 3 to connect to Trevor Project)
- [The Trevor Project](#) (866) 488-7386
- [Trans Lifeline](#) (877) 565-8860
- [Lesbian, Gay, Bisexual and Transgender Health](#)
- [National Queer and Trans Therapists of Color Network](#)
- [LGBT National Help Center](#)
- [GLSEN \(Gay, Lesbian, & Straight Education Network\)](#)
- [Society for Sexual, Affectional, Intersex, and Gender Expansive Identities \(SAIGE\)](#)
- [Family Acceptance Project](#)

There is hope.



If you or someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**

Since the July 2022 launch,
988 has received about 6.5
million calls, texts, and chats.





Molly Woodman
Outreach Coordinator

402-891-6911

mwoodman@thekimfoundation.org