MENTAL HEALTH AND WELL-BEING

Sustainable Development Goal Target 3.4

POOR MENTAL HEALTH

Poor mental health represents one of the leading causes of **premature death and disability**. It is a common source of human misery.

Numerous studies have established that a higher burden of poor mental health exists among LGBTI people compared to the general population.

The mental health of **transgender** people is an acute concern.

LGBT people are at higher risk for mental disorders, including **depression**, **anxiety**, **suicidal ideation** and **deliberate self-harm**, compared to heterosexual people.

SUICIDE / SELF HARM

Gay and bisexual men have suicidal ideation rates **almost twice** those of heterosexual individuals.

LGBT youth demonstrate **higher rates** of emotional distress, symptoms related to mood and anxiety disorders, self-harm, self-stigma, suicidal ideation, and suicidal behavior compared to heterosexual youth.

DEPRESSION

Bisexual women, particularly younger women, have **higher levels** of depressive symptoms than lesbians.

The risk of depression in LGB people is at least twice that of heterosexuals.

DISPARITIES

Social exclusion, violence, discrimination, and criminalization perpetuate mental health and non-communicable disease disparities among LGBTI people.

The risk of depression in LGB people is at least twice that of heterosexuals.

India

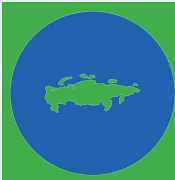In India the prevalence of **depression among transwomen is high.**

Kenya

In Kenya **16% of men who have sex with men experience depression**, compounded by experiencing trauma or abuse, compared to **6% national prevalence of depression**.

Philippines

Among Filipina sexual minority youth **27% experienced suicidal ideation versus 18.2%** of heterosexual youth and **6.6%** Filipina sexual minority youth attempted suicide versus **3.9%** of heterosexual youth.

Russia

A study of men who have sex with men in Russia found **36.7%** experienced depression and that depression increased **1.67-fold** after the passage of the anti-gay laws.

U.S.A.

A U.S. national survey found **41%** of transgender respondents reported ever attempting suicide compared to 4.6% of the general population.

MEMBER STATES MUST:

1

Disaggregate national suicide mortality rate by sexual orientation, gender identity and expression and sex characteristics (SOGIESC).

2

Collect disaggregated data by SOGIESC on number and proportion of persons suffering from depression and anxiety.

3

Collect the number of services that address preventative and mental health promotion for LGBTI people nationally.

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