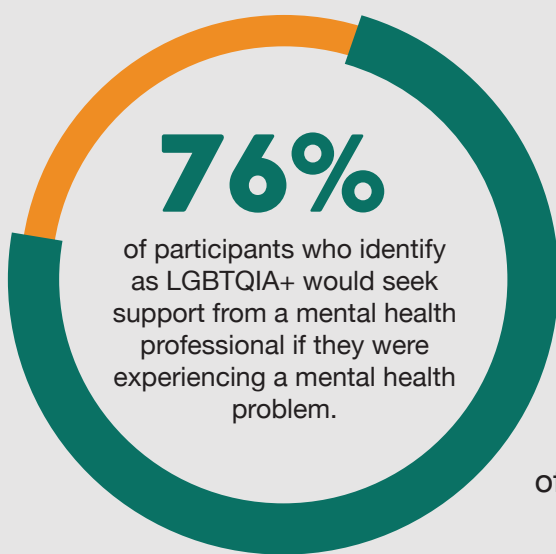


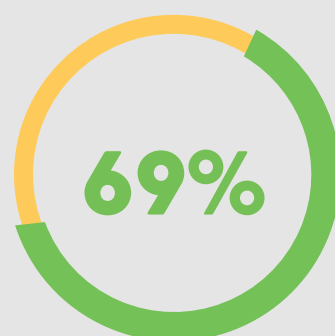
# LGBTQIA+ young Australians are leading the way

when it comes to seeking professional support for their mental health – but research shows more support is needed from family and friends.

## The latest headspace National Youth Mental Health Survey found:



Significantly more than the

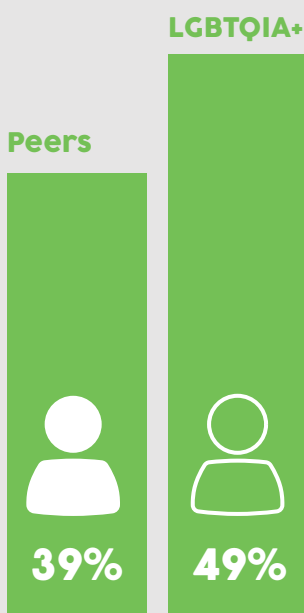


of heterosexual and cisgender young people who said they'd feel comfortable doing the same.

In the last year, almost one in three (30%) young people coming to headspace centres were part of the LGBTQIA+ community.



Unfortunately, the survey also found LGBTQIA+ young people were less likely than their peers to seek support from friends or family.



Percentage of young people who deal with their personal or emotional problems on their own, rather than speaking to someone.



*Young people who come from families that fully support their sexuality and gender identity have better overall health, mental health and higher self-esteem.*

*So it's important families educate themselves about the experiences of LGBTQIA+ young people and learn how best to openly support their young person.*

*This signals to young people they are loved and that you are there for them.*

**Rupert Saunders**

**headspace National Clinical Advisor**



To coincide with Sydney World Pride, headspace has released Out-Spoken, a series of long-form conversations between queer young people talking with one other about coming out, community and pride.

[headspace.org.au/lgbtiqaplus](https://headspace.org.au/lgbtiqaplus)

**This World Pride support continues to be available via headspace's phone and online counselling service.**

- This service runs seven days a week between 9am–1am (AEST). The number is 1800 650 890.
- If you're looking for someone to talk to immediately, Lifeline (13 11 14) and Kids Helpline (1800 551 800) are available to talk 24/7.
- headspace Media team: [media@headspace.org.au](mailto:media@headspace.org.au) or 0413 025 385