

—Slug:.....COMM-0862.wc.LGBTQ_kids_help
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—Article Number:..... 43497



Notes from editor (not for publication):



HEADLINE ELEMENTS:

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1 Many resources available for LGBTQ+ youth in crisis

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2

####END SUBHED####

3 TEXT BODY:

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4 According to the most recent [Youth Risk Behavior Survey](#)
5 conducted by the Vermont Department of Health, LGBTQ+
6 middle and high schoolers in Vermont are two to three times
7 more likely to report poor mental health and more likely to turn
8 to substance use than their heterosexual cisgender classmates.

9 The Health Department offers these ways to help support
10 LGBTQ+ youth:

- 11 • Have regular and open conversations about mental
12 health.
- 13 • Use the names and gender pronouns that they provide.
- 14 • Challenge harmful jokes and comments made by
15 others.
- 16 • Show compassion, respect, and acceptance.
- 17 • Listen and be present.

18 If you are thinking about suicide or are worried about
19 someone else, help is available.

20 • Call or text 988 for the Suicide and Crisis Lifeline,
21 where trained counselors are available 24/7.

22 • Call the LGBT National Hotline at 888-843-4564 for
23 free and confidential support in a safe and affirming space.

24 • Call the Trevor Project at 866-488-7386 for a free and
25 confidential suicide crisis hotline that supports LGBTQ+ young
26 people.

27 Learn more about suicide prevention resources by
28 visiting [facingsuicidevt.com](https://www.facingsuicidevt.com), or call VT Helplink at 802-565-LINK
29 (5465) for free, confidential, and caring alcohol and drug support
30 and referral 24 hours a day, every day. Learn more at
31 vthelplink.org.

####END TEXT####

BIO/COATTAIL:

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LAST ISSUE IN WHICH THIS FILE CAN BE RUN:

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LINKS:

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VIDEO:

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LOGLINE (SOCIAL MEDIA):

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