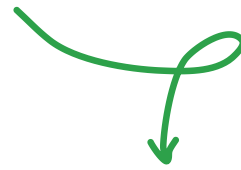


# Safely Talking – Community Audience Factsheet

LGBTI+



The Community Audience Fact Sheet provides further information on discussing suicide and suicide prevention with specific community groups. The information provided offers general guidance on key messages to share with the community group, recommended support services and where to go for further information to support your discussion. The factsheet should be utilised alongside the Safely Talking toolkit.

To download the toolkit go to [www.mhct.org/safely-talking](http://www.mhct.org/safely-talking)

Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI) people have amongst the highest rates of suicidality of any population in Australia. It is however important to understand that sexuality, gender identity and intersex status are not causes of suicidal ideation, rather social stigma, isolation, discrimination and harassment (either perceived or real) can contribute to an increased risk of suicide and suicide ideation. It is important to consider how your discussion can be inclusive so as to not socially isolate or discriminate.

When you are talking to any group it is reasonable to assume there are members of the LGBTI community in that group, or family members/close allies. As such, inclusive languages and practices are always necessary.

## Things to consider when discussing suicide and suicide prevention:

- **Use inclusive language** - Sometimes we don't realise that we are excluding someone by the language we use. When holding discussions, it is important to respect people's genders. When talking about people's roles and relationships, check in with how you are using gendered language, not assuming someone is a 'mother', 'father', 'boyfriend', etc. For more information on inclusive language go to: the [Inclusive Language Guide from LGBTIQ+ Health Australia](#).
- **Respect a person's identity** - If a person is presenting as a certain gender, make sure you use the appropriate pronouns and name. A person's past is in the past, use their 'real' name and gender as it is now. If you are not sure how a person would like to identify, ask them what pronouns they use (eg he/him, she/her, they/them). If you make an error, apologise quickly and move on.
- **The past impacts the present** - Remember that even though legal and social conditions have improved for the LGBTI communities in current times, there are still many ways individuals experience exclusion, isolation, discrimination and harassment. In addition, many people carry the scars of past exclusion, isolation, discrimination and harassment.

- **Safety is paramount** - Members of the LGBTI community can be distrustful of service providers, including health service providers, unless they feel they are safe. Decisions about safety can be influenced by trusted recommendations or through signs of LGBTI inclusivity (eg a rainbow sticker on the window or a LGBTI inclusive poster).

### Key messages to share with the community audience

“Sexuality and gender identity do not cause mental health problems or increase risk of suicide. However social pressures associated with being LGBTI can interfere with good mental health.”

### Local services available:

- Working it Out offers 1:1 support and peer groups [www.workingitout.com.au](http://www.workingitout.com.au)
- The Sign Post website provides a directory of inclusive services and businesses in Tasmania [www.signpost.org.au](http://www.signpost.org.au)

### Recommended 24-hour crisis services:

- QLife (3pm to midnight) - 1800 184 527 – [www.qlife.org.au](http://www.qlife.org.au)
- Lifeline - 13 11 14
- Suicide Call Back Service - 1300 659 467

### Further information:

- Information and support services - Bi+ Australia
- <https://www.biplusaustralia.org/>
- Suicide Prevention for Health Professionals fact sheet <https://qlife.org.au/uploads/17-Suicide-Prevention.pdf>
- Updated version of the Anti-Discrimination act (Tas) [www.legislation.tas.gov.au/view/html/inforce/current/act-1998-046](http://www.legislation.tas.gov.au/view/html/inforce/current/act-1998-046)
- LGBTIQ+ communities Glossary of common terms <https://aifs.gov.au/cfca/publications/lgbtiq-communities>
- LGBTIQ+ Health Australia - <https://www.lgbtiqhealth.org.au/>

Last updated July 2024