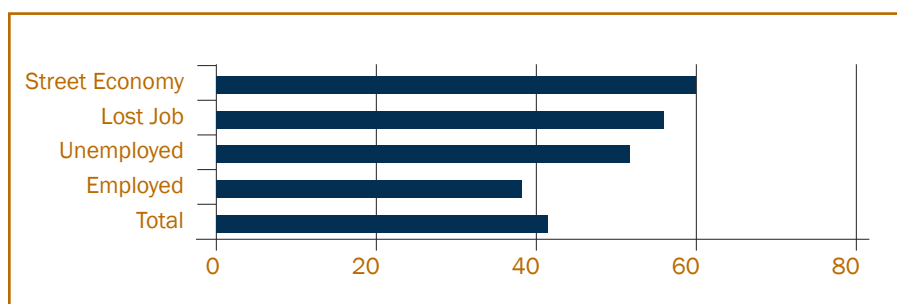


Suicide sadly remains all too prevalent in the transgender community. Unremitting discrimination takes its toll and transgender people pay the price for the prejudice of others. Sometimes, transgender people turn to suicide when they can't find work, housing, or other practical necessities of life. Here is some information about transgender people and suicide and resources to help prevent self-harm. Transgender lives are worth living.

SUICIDE RISKS FOR TRANSGENDER PEOPLE

In a survey NCTE conducted with the National Gay & Lesbian Task Force in 2009, 41% of the respondents said yes to the question, “have you ever attempted suicide?” According to health reports, 5 million, or 1.6%, of living Americans have attempted suicide during their lifetime. Our study asked if the respondent had ever attempted suicide while most comparable statistics refer to suicide attempts within the last year and so are difficult to compare.

According to the National Institutes of Mental Health, African-Americans, Hispanics and Asians have significantly lower suicide rates than whites or Native Americans; our sample showed opposite patterns of racial distribution. In our survey, African-Americans had an attempt rate of 45% , Hispanics were 44%, and multi-racial or other were 54%.



A person’s work status had a significant impact on their likelihood of having attempted suicide.

Other risk factors included the degree to which a person is identifiable as transgender, with those who consider themselves as not being able to pass at 44%, those who are generally out about their transgender status at 44% and those who have only some of their identity documents in their preferred gender at 46%. Those who have medically transitioned (45%) and surgically transitioned (43%) have higher rates of attempted suicide than those who have not (34% and 39% respectively).

Education and income both impact suicide rates, with those with the lowest incomes of <\$10,000 reporting suicide attempts at 54%, while those who are making more than \$100,000 have less than half the rate of suicide attempt at 26%. Those who have not completed college have attempted suicide at the rates of 48-49%, while those who have completed college or graduate school had significantly lower rates at 33% and 31%.

SUICIDE PREVENTION HOTLINES

LGBT Specific Resources:

Gay, Lesbian, Bisexual and Transgender National Hotline

Toll-free 1-888-THE-GLNH (1-888-843-4564)

Monday to Friday, 4 p.m. to midnight (Eastern); Saturday, noon – 5 p.m. (Eastern)

The Gay, Lesbian, Bisexual and Transgender National Hotline provides telephone and email peer-counseling, as well as factual information and local resources for cities and towns across the United States.

The Trevor Project

1-866-488-7386

<http://www.thetrevorproject.org>

The Trevor Project focuses on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning youth.

General Suicide Prevention Hotlines:

National Suicide Prevention Helpline: 1-800-273-TALK

For Hearing and Speech Impaired with TTY Equipment: TTY: 1-800-799-4TTY (4889)

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

Red Nacional de Prevención del Suicidio: 1-888-628-9454

Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano. Cuando el centro contesta su llamada, usted estará hablando con una persona que le escuchará, le hará preguntas y hará todo lo que esté a su alcance para ayudarlo.

1-800-SUICIDE: Kristin Brooks Help Center, 1-800-784-2433

1-800-SUICIDA: Spanish speaking suicide hotline (800) 784-2432, 1-800-SUICIDA

Connects callers with a network of local crisis centers.

Vet2Vet Veterans peer support line (877) 838-2838, 1-877-Vet2Vet

Veteran peer counselors and certified crisis centers take these specialized calls for law enforcement and veterans specifically.

SUICIDE PREVENTION RESOURCES AND INFORMATION

Transgender Suicide: Myths, Reality and Help

Information from the Massachusetts Transgender Political Coalition for transgender people, family, friends, and allies. Includes warning signs, do's and don'ts, helpful tips, contact information, and myths and realities
http://www.masstpc.org/publications/Community_Suicide_Brochure_final.pdf

Preventing Transgender Suicide: An Introduction for Providers

Includes definitions, warning signs, victimization and PTSD, systemic stressors, protective factors, where to learn more, and references; from the Massachusetts Transgender Political Coalition
http://www.masstpc.org/publications/Provider_Suicide_Brochure_final.pdf

After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department

Information about recovering from a suicide attempt

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration
<http://download.ncadi.samhsa.gov/ken/pdf/SVP-0157/SMA08-4355.pdf>

Después de un intento de suicidio: Guía para cuidarse después del tratamiento en la sala de emergencias

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration
<http://download.ncadi.samhsa.gov/ken/pdf/SVP06-0158/SVP06-0158SP.pdf>

After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department

Information about assisting a loved one recovering from a suicide attempt

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration
<http://download.ncadi.samhsa.gov/ken/pdf/SVP-0159/SMA08-4357.pdf>

Después de un intento de suicidio: Guía para cuidar a su familiar después del tratamiento en la sala de emergencias

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration
<http://download.ncadi.samhsa.gov/ken/pdf/SVP-0160/SVP08-0160S.pdf>

American Association of Suicidology

Fact Sheets in English and Spanish:

<http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>

Centers for Disease Control

Fact sheets and podcasts about suicide and suicide prevention:

<http://www.cdc.gov/ViolencePrevention/suicide/index.html>