



## LGBTQ Students and Suicide

Suicide defines the moment in which mental pain exceeds the human capacity to bear it.

### Facts and Statistics

- Suicide is the third leading cause of death among college-aged students ranging from 18 to 21 years old.
- Lesbian, gay, bisexual, questioning college students are up to seven times more likely to attempt suicide than their heterosexual peers.
- Some research shows the rate of suicide attempts of trans individuals is very high. A national survey of trans and gender nonconforming people found that 41% of respondents had attempted suicide.
- Being victimized for being LGBTQ is one of the main catalysts for suicide attempts in this community.

### Risk Facts for Suicide Within the LGBTQ College Community

- Verbal and physical harassment
- Lack of family support and acceptance of their sexual/gender identity
- Social isolation/alienation
- Less perceived support and resources from their college/university

### Warning Signs

Although individuals may vary in how they respond to suicidal thoughts, there are common warning signs that might suggest an individual is considering suicide. The individual may be at risk for suicide if demonstrating the following:

- Trouble eating or sleeping
- Acting out of character, demonstrating drastic changes in behavior and mood
- Feeling very depressed or anxious
- Withdrawing from friends and/or social activities, or losing interest in hobbies and school
- Increased drinking and/or drug use
- Engaging in reckless behavior
- Preoccupied with death and dying
- Previous suicide attempts
- Saying things like "I don't deserve to be here," "I wish I was dead," "I am going to kill myself," or "I want to die."

### If You're Feeling Suicidal

- Get help
- Talk to someone
- Remember, people love you
- Connect with resources
- Remember you're not alone.

### How to Help a Friend or Student

First and foremost, take suicide seriously. It is always better to over-react than under-react. Additionally, here are some other things you can do when someone you know is thinking about suicide:

- Listen and accept the other person's feelings. Try not to judge or argue.
- Be direct and listen. Don't act shocked by their plans.
- Seek support from others. Do not let yourself be sworn to secrecy
- Offer to go with the person to seek help from a counselor or other source of support.
- If possible, never leave the person alone.

### Preventative, Proactive Measures

- Use inclusive language that does not assume everyone is heterosexual or cisgender.
- Be an advocate for school policies that challenge bias and promote respect and safety.
- Become a Safe Zone Ally.
- Speak up and challenge those who make homophobic or transphobic remarks in your presence.
- Join organizations dedicated to supporting equality among the student body.

### Urgent and 24/7 Resources

University of Richmond Police Department  
(804) 289-8911

Richmond Organization for Sexual Minority Youth (ROSMY) Hotline  
(888) 644-4390

The Trevor Project Hotline  
(866) 488-7386

### On-Campus Resources

Counseling and Psychological Services (CAPS) – Confidential  
Richmond Hall, room 201  
(804) 289-8119

Chaplaincy – Confidential  
Wilton Center  
(804) 289-8500

Common Ground  
Tyler Haynes Commons, room 325  
(804) 484-1653



### Counseling and Psychological Services (CAPS)

201 Richmond Hall  
28 Westhampton Way  
University of Richmond, VA 23173

Phone (804) 289-8119

Fax (804) 287-1227

Email [caps@richmond.edu](mailto:caps@richmond.edu)

[wellness.richmond.edu](http://wellness.richmond.edu)