

# **NAMICon 2020**

A Virtual Event • July 13-14

**Together Toward Tomorrow**

# Ending Conversion Therapy to Save Young LGBTQ Lives

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A Virtual Event • July 13-14

**Together Toward Tomorrow**

THE **TREVOR** PROJECT

*Saving Young LGBTQ Lives*



# WHO WE ARE

**The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.**



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# WHO I AM

Who is this person?  
Why are they talking?  
What am I going to learn  
today?



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# STONEWALL : Not Just History

According to our National Survey on LGBTQ Youth Mental Health:

- 76% of LGBTQ youth felt that the recent political climate impacted their mental health or sense of self
- 71% of LGBTQ youth in our study reported discrimination due to either their sexual orientation or gender identity



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One supportive person can decrease an LGBTQ youth's risk of suicide by 40%.

**The Trevor Project works to be that person.**

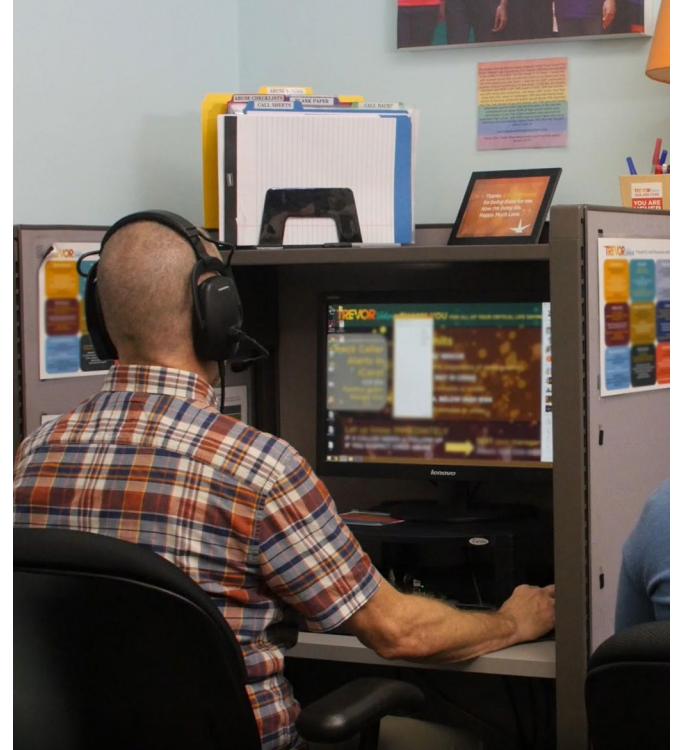
**(And you can too...)**

# DIRECT SERVICES



## TrevorLifeline

- ❑ 866-488-7386
- ❑ The only nationwide, 24/7 crisis and suicide prevention lifeline offering free and confidential counseling for LGBTQ youth.
- ❑ Launched in 1998 and hasn't stopped ringing since.



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“I just called the Lifeline and the counselor who answered the phone just saved my life. I don’t remember their name... but that’s OK. I’m glad I’m here. Thank you.”



# DIRECT SERVICES



TrevorText

- START to 678678
- A free, confidential, secure crisis intervention service via text for youth that prefer the ease & subtlety of texting .



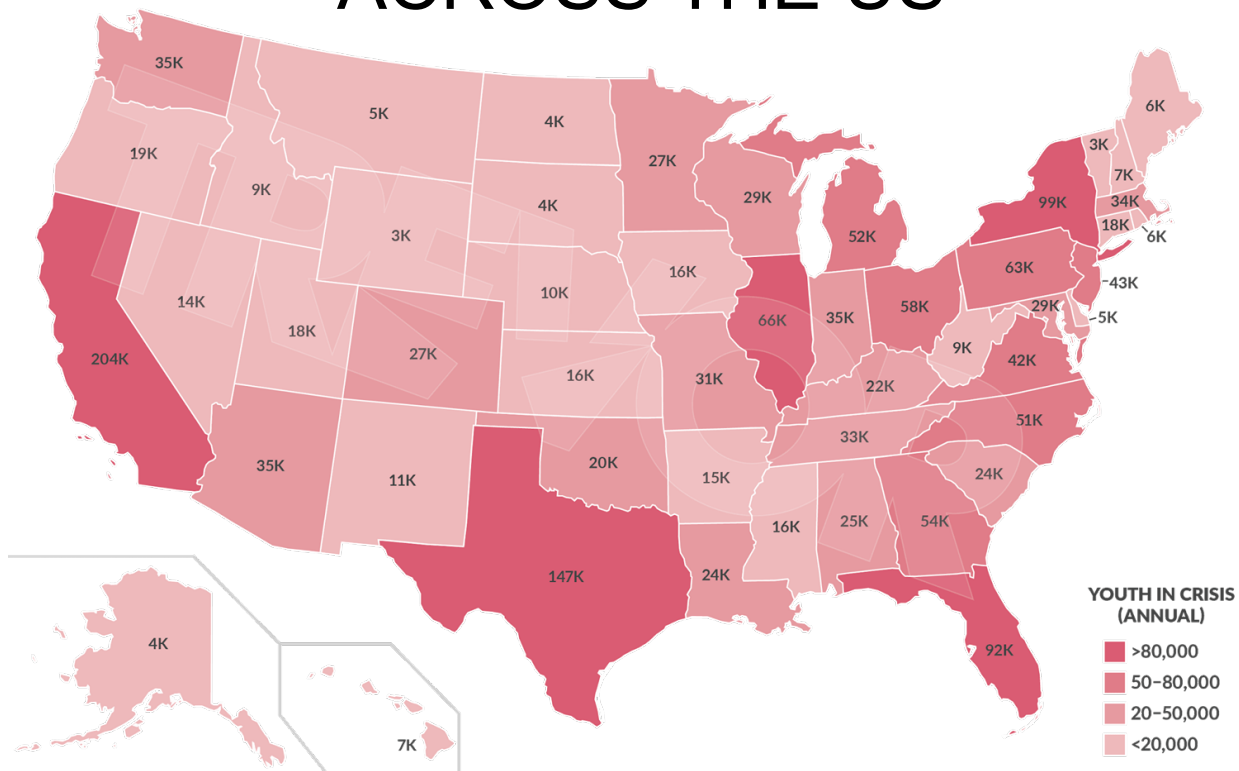
TrevorChat

- [TheTrevorProject.org/help](https://www.thetrevorproject.org/help)
- Our service to reach a Trevor counselor that provides live chat help for LGBTQ youth by trained volunteers.



90% of youth we serve  
report significant  
reduction in suicidal  
ideation after using our  
services.

# RESEARCH SHOWS THAT THERE IS AN ESTIMATED 1.8M LGBTQ YOUTH IN CRISIS ACROSS THE US





# DIRECT SERVICES



TrevorSpace

- [TrevorSpace.org](https://www.trevorspace.org)
- The world's largest safe space social networking community for LGBTQ youth, their friends, and allies.



# FOCUS AREAS



## TrevorResearch

- Our programmatic evaluations ensure we significantly reduce suicidality with our services, and we also publish external research to help peers support LGBTQ youth.
- Our research on LGBTQ youth mental health allows us to have pulse on the challenges they face across the U.S.



## TrevorEducation

Education to prevent suicide and support LGBTQ community:

- We educate adults and youth on LGBTQ-competent suicide prevention, risk detection, and allyship.
- Our online education programs include information about school policies and training programs for teachers and guidance counselors.

# FOCUS AREAS



## TrevorAdvocacy

- ❑ Our advocacy work at the federal, state, and local levels includes publicly advocating for/against particular bills and filing/joining amicus briefs in major cases to protect LGBTQ rights.
- ❑ Including the wildly successful *50 Bills 50 States* campaign to end conversion therapy.



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# What is Conversion Therapy?

- From the past to the present, it is always harmful.
- Every major medical organization has declared that conversion therapy is discredited and dangerous.
- The Trevor Project witnesses its harm to LGBTQ youth every week, and has documented it in research



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# The Numbers

- There are nearly 700,000 survivors of conversion therapy; 20,000 LGBTQ youth are at risk of receiving conversion therapy from a licensed mental health professional in the next few years.
- 5% of youth ages 13-25 responding to the Trevor Project National Survey on LGBTQ Youth Mental Health said they had been subjected to conversion or reparative therapy.



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# The Heartbreaking Numbers

**42% of LGBTQ youth who have experienced conversion therapy said they had a suicide attempt in the last 12 months.**

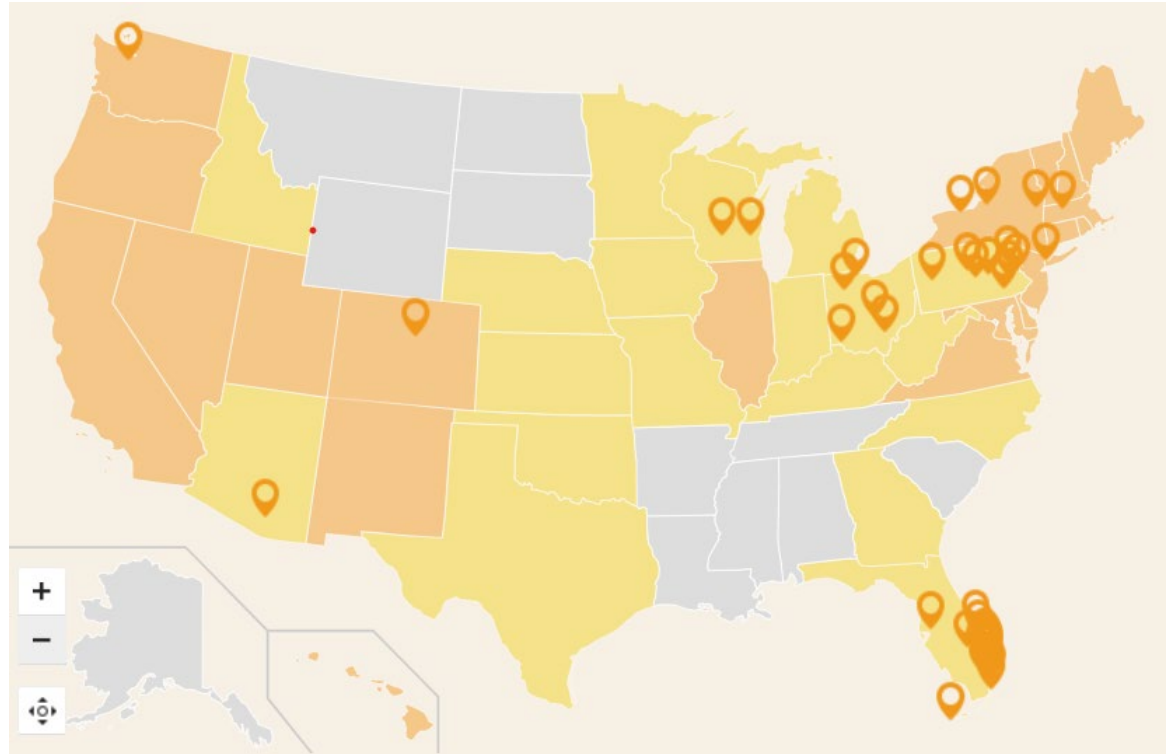
**When we asked just trans and non-binary youth, the number rises to 57%.**



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# The State(s) of Play

- 20 states protected
- 19 more bills introduced
- Dozens of city and municipal ordinances
- Resolutions, executive orders, regulations...



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# Where You Fit In



- **Why NAMI is important to this effort - your stories save lives**
- **The role of parents in choosing conversion therapy - or choosing to affirm**
- **Your stories are uniquely powerful and they are messengers we need**
- **Parents and family can tell this story without retraumatizing survivors**



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# What Can You Do?

- **Building coalitions of various partners in states and communities like yours across the country**
  - Examples: Pennsylvania, North Dakota, Oklahoma, Kentucky
- **Public education and storytelling matters**
  - Op-eds, testimony, meeting with local lawmakers, churches
- **Helping make connections based on your local relationships**
- **NAMI as leaders: we are stronger together and NAMI has a large reach as a mental health advocacy organization**



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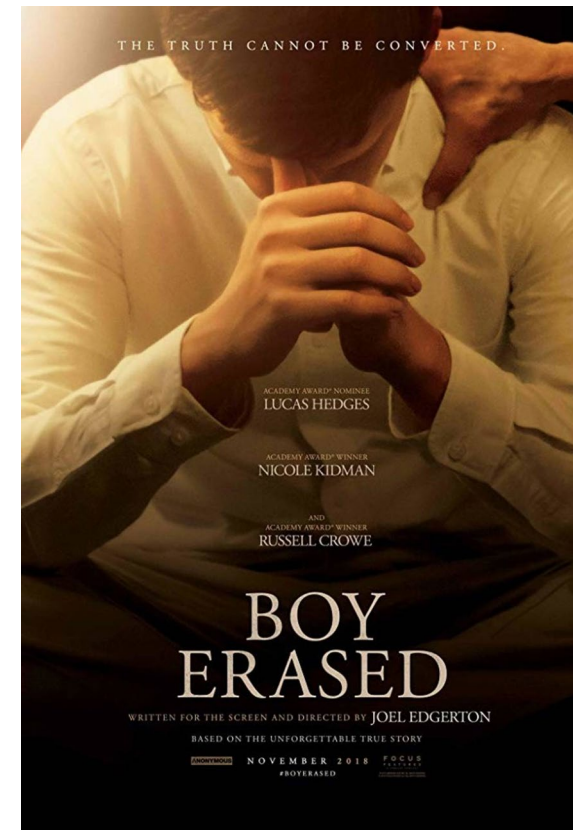


# So Now What...

- Educate yourselves and others about LGBTQ Youth Mental Health - Allies educate allies
- Volunteer with The Trevor Project or another youth and family serving organization like PFLAG
- Public education and storytelling matters: Op-eds, testimony, movie nights, speaking with churches
- Be a safe place for LGBTQ youth to come



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# Take Action!

**Text “TREVOR” to 40649  
to join our campaign!**



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# Another Immediate Idea for Your Action

- Does your school have mental health resources and crisis intervention services listed publicly?

If not, reach out to [Advocacy@TheTrevorProject.org](mailto:Advocacy@TheTrevorProject.org)

- Do these resources serve LGBTQ young people, people of color, and other high risk populations?

Check out the [Model School Policy](#)



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# Educate and Advocate

- [Pride Everywhere](#)
- **Share our resources**
  - [National Survey on LGBTQ Youth Mental Health](#)
  - [Navigating Personal Safety While Taking Action as an LGBTQ Young Person](#)
  - [Supporting Black LGBTQ Youth Mental Health](#)



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# Q & A

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