

# Fact sheet: Mental ill health in LGBT+ and BAME communities

MHFA England's courses now include statistics on the mental health of LGBT+ and BAME communities to highlight the different rates of mental ill health among these communities. This fact sheet contains some information about these communities and links to further resources and reading.

## Information on LGBT+ communities

LGBT+ stands for Lesbian, Gay, Bisexual and Transgender, with the '+' including those who identify as Queer, Questioning, Intersex and Asexual, among many others. Stonewall's website has a [glossary of terms](#) that explains different words and acronyms used to describe LGBT+ communities.

## Statistics on mental ill health in LGBT+ communities

The following is a list of some statistics which highlight different rates of mental ill health in LGBT+ communities when compared with the general population.

- People who identify as LGBT+ are more likely to have suicidal thoughts, and attempt suicide, than those who do not identify as LGBT+ (1-3)
- People who identify as LGBT+ are at increased risk of developing anxiety disorders (4,5)
- Self-harm is more common in ex-service personnel, young people, women, LGBT+ community, prisoners, asylum seekers, and people who have experienced physical, emotional or sexual abuse (6)
- Up to 16% of people who identify as LGBT+ experience symptoms of an eating disorder (7,8)
- Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not (8-12)
- Young people who identify as LGBT+ are more likely to report self-harming than young people who do not identify as LGBT+ (10,13)
- Symptoms of depression are more common and severe in young people who identify as LGBT+ than in those who do not (10,12,13)
- Adolescents who identify as LGBT+ are at increased risk of anxiety disorders (14,15)

- 11% - 32% of young people who identify as LGBT+ have attempted suicide in their lifetime (8,13,16)
- Young people who identify as LGBT+ are more likely to show symptoms of eating disorders than those who do not identify as LGBT+ (8,11,17)
- People who identify as LGBT+ are at increased risk of both mental ill health and substance misuse (1,2,7)
- Ex-service personnel who identify as LGBT+ are more likely to have suicidal thoughts, and attempt suicide, than those who do not identify as LGBT+ (18)

### Further resources and reading

If you would like more information on LGBT+ communities, you can find some key resources and further reading below. Please note that this is not a complete list.

- MHFA Australia's website contains [guidelines](#) which explain how to support someone who identifies as LGBT+ and is experiencing mental ill health. The research that explains how these guidelines were developed can be found [here](#).
- Stonewall has released a series of reports on the LGBT+ community which can be read [here](#).
- Student Minds has released a report on the mental health of LGBT+ students, which can be read [here](#).
- The Office for National Statistics provides national statistics on LGB communities [here](#).
- The Government Equalities Office released the UK's first National LGBT Survey results in 2018. They can be read [here](#).
- The National Institute of Economic and Social Research's evidence review which describes inequalities among LGBT+ groups in the UK can be read [here](#).
- Business in the Community's annual Mental Health at Work report contains information on the experiences and mental health of LGBT+ employees at work. The 2019 report is available [here](#).

## Information on BAME communities

Within the UK, BAME stands for Black, Asian and Minority Ethnic communities. The Office for National Statistics' website has [more information on ethnicity in the UK](#).

## Statistics on mental ill health in BAME communities

The following is a list of some statistics which highlight different rates of mental ill health in BAME communities when compared with the general population.

- Common mental health issues (which includes depression and anxiety disorders) are more common in Black and Black British women than among other ethnic groups (19)
- Self-harm is more common in ex-service personnel, young people, women, LGBT+ community, prisoners, asylum seekers, and people who have experienced physical, emotional or sexual abuse (6)
- Psychosis is more common among BAME groups (19–23)
- Substance dependence is more common among Black and Black British men than among other ethnic groups (19)
- BAME groups are less likely to report accessing mental health treatment than White British people (19)
- Common mental health issues (which includes depression and anxiety disorders) are more common in young people of some minority ethnic backgrounds than others (24)
- Young people from BAME and migrant backgrounds are more likely to show developmental difficulties associated with psychosis and develop psychotic disorders later in life (20,25)

## Further resources and reading

If you would like more information on BAME communities, you can find some key resources and further reading below. Please note that this is not a complete list.

- The Office for National Statistics provides national statistics on ethnicity [here](#).
- The National Inclusion Health Board published a report on Gypsy and Traveller health, and its links to insecure accommodation and living conditions, which can be read [here](#). Further reading on the health of Gypsy and Traveller communities can be found [here](#).
- Research on pathways to care for psychosis in BAME groups living in England can be found [here](#). This research covers similar topics to that of the [Independent Review of the Mental Health Act 1983](#) committee, which found

inequalities in rates of compulsory admission to mental health treatment services among different ethnic groups, as did [this research paper](#).

- The Ministry of Defence's Biannual Diversity Statistics provides information on BAME representation in the UK armed forces. The latest report is [here](#).
- The Synergi Collaborative Centre has published a series of briefing papers about mental ill health in BAME communities, which can be found [here](#).
- Business in the Community's annual Mental Health at Work report contains information on the experiences and mental health of BAME employees at work. The 2019 report is available [here](#).

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