

FAST FACTS

- Higher rates of depression, anxiety, eating disorders, OCD and phobic disorders, suicidality, self-harm, and substance use among LGBTQ+ people
- Double the risk for post-traumatic stress disorder (PTSD) than heterosexual people
- LGBTQ+ youth face approximately 14 times the risk of suicide and substance abuse than heterosexual peers
- 77% of trans respondents in an Ontario-based survey had seriously considered suicide and 45% had attempted suicide.
- Some research suggests that use of alcohol, tobacco and other substances may be 2 to 4 times higher among LGBT people than heterosexual people

- CMHA (Ontario)

CONTACT US

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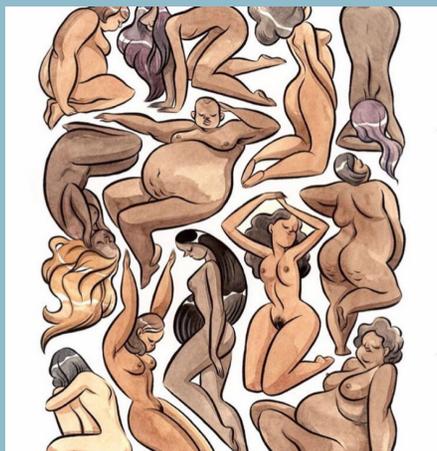
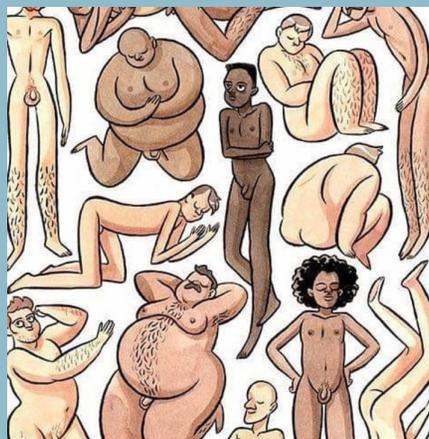
EATING DISORDERS + MENTAL HEALTH IN THE LGBTQ+ COMMUNITY



A population at risk

WHAT'S THE CONNECTION?

"Research suggests that eating disorders disproportionately impact segments of LGBT populations. The myriad of unique stressors LGBT people experience, such as coming out and harassment in schools or the workplace, can impact levels of anxiety, depression, low self-esteem, and unhealthy coping mechanisms - all of which are common co-occurring conditions and can be contributing factors in the development of an eating disorder. Eating disorders among LGBT populations should be understood within the broader cultural context of oppression." - NEDA, 2012



artwork by moosekleenex (via instagram)

RECOVERY TIPS

- Understand the unique risks and challenges that may make you or someone you love more susceptible to developing an ED
 - Consider the role that sexual orientation or gender identity may play in perpetuating the ED
 - Evaluate risk factors specific to your personal environment and relationships
 - Find treatment providers and/or programming that are sensitive to your needs, use LGBT affirming language, and make you feel comfortable
- Walden Eating Disorders



"We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity."

- George Takei



RESOURCES

- Foundry BC
- Trans Care BC
- Sam Dylan Finch (website, twitter, instagram)
- QMUNITY website
- Body Brave Canada

