

Jigsaw / Belong To: Supporting the Mental Health of LGBTQ+ Young People (<https://www.activelink.ie/node/115172>)

Belong To are launching an updated training programme 'Supporting the Mental Health of LGBTQ+ Young People', developed in collaboration with our friends at Jigsaw - The National Centre for Youth Mental Health (<https://belongtoyouthservices.cmail19.com/t/i-l-fhrhjyy-khbjydrh-y/>).

LGBTQ+ youth experience disproportionately high levels of self-harm, depression and suicide ideation. We want to let you know about the protective factors when supporting LGBTQ+ young people which help them thrive.

This is a free online training delivered in five modules and is designed to upskill anyone working or volunteering with young people.

BOOK YOUR TRAINING HERE (<https://belongtoyouthservices.cmail19.com/t/i-l-fhrhjyy-khbjydrh-j/>)

This training takes approximately 1.5 hours to complete, and covers topics including:

- Using appropriate language and terminology when supporting LGBTQ+ young people;
- The current landscape of LGBTQ+ young people's mental health;
- The impact of the social determinants of health on LGBTQ+ young people's mental health;
- The impact of minority stress upon LGBTQ+ young people's mental health; and
- Practical strategies to help build resilience among LGBTQ+ young people.

Increase in Mental Health Challenges for LGBTQ+ Youth

As someone working or volunteering with young people, you will know what a huge opportunity there is to support them in a way that can really change lives. We just know how important this is, as the *Being LGBTQI+ in Ireland* research by Trinity College Dublin (<https://belongtoyouthservices.cmail19.com/t/i-l-fhrhjyy-khbjydrh-t/>) showed a deterioration in the mental health of LGBTQI+ young people since the first study in 2016.

In fact, this research showed that today in Ireland, compared to the general youth population, LGBTQI+ young people experience:

- Three times the level of severe and extremely severe symptoms of stress, anxiety and depression;
- Twice the level of suicide ideation; and
- Five times the level of suicide attempts.

Being able to support young people through challenges being faced at a critical time in their development can have a huge and lasting impact.

This training has been designed to best equip you with the knowledge and understanding to be able to support LGBTQ+ young people at a time when we know they truly need that support.

BOOK YOUR TRAINING HERE (<https://belongtoyouthservices.cmail19.com/t/i-l-fhrhjyy-khbjydrh-i/>)

We are very proud of this resource and hope that the many incredible people working and volunteering with youth will avail of it and utilise it to best support LGBTQ+ youth across the country.

Region

Online

[Book here \(<https://belongtoyouthservices.cmail19.com/t/i-l-fhrhjyy-khbjydrh-i/>\)](https://belongtoyouthservices.cmail19.com/t/i-l-fhrhjyy-khbjydrh-i/)

Date Entered/Updated

22nd Apr, 2025

Expiry Date

22nd Jun, 2025

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