

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding gender and invite you to learn more.

Did you Know?

Transgender and nonbinary people have lived in the United States for our entire history, have formed loving families and communities, and have made critical contributions in science, healthcare, arts, education, and many other fields.



More than half of transgender and nonbinary youth have seriously considered suicide.



But those youth who had almost all of the people in their lives respect their pronouns attempted suicide at half the rate of those whose pronouns were not respected by the people in their lives.

Feeling rejected and unloved leads to suicidal thoughts and actions.

Discrimination can affect nearly every area of a trans/non-binary person's life.

26%

of trans people lost a job due to bias

50%

were harassed on the job

20%

were evicted or denied housing

78%

of trans students were harassed or assaulted.

*** Trans people of color face higher rates of discrimination.**

Data: APA, Trevor Project, and National Center for Transgender Equality

Definitions

Gender identity: Our internal understanding and experience of our own gender. Each person's experience with their gender identity is unique and personal.

Cisgender: People who identify with the gender or sex they were assigned at birth.

Transgender: People whose gender identity differs from the sex they were assigned at birth.

Nonbinary: People whose gender identity is outside of the male-female gender binary. Similar identities may include: genderfluid, genderqueer, polygender, bigender, demi gender, or agender.

Gender Expression: The way in which we present ourselves, which can include physical appearance, clothing, hairstyles, and behavior.

Sexual orientation: Refers to the types of people towards which one is sexually attracted.

Did You Know: People who are transgender have the same diversity of sexual orientations as people who are cisgender



Take Action

Educate yourself. One of the easiest ways to be a strong ally is by learning how to support and advocate for trans and non-binary folks. We love the resources at the [National Center for Transgender Equality](#).

Language Matters. Sometimes the words we use can cause emotional harm. Take the time to learn about the terminology around gender. We dive into this issue in our Language Matters Series.

Examine your own bias (without judgement). Take an [implicit bias test](#) around gender.

Normalize asking for pronouns. When someone tells you their name and pronouns, respect them and use them. When you're in doubt, ask. Sharing your own pronouns is a great way to bring up the topic.

If you accidentally use the wrong pronouns, apologize, and move on. Making a big deal out of a pronoun mistake may be awkward and often draws unwanted attention.

Need Help?

Trans Lifeline 1-877-565-8860

The Trevor Project 1-866-488-7386, or text START to 678678

988 Suicide and Crisis Lifeline Call or text 988 or chat [988lifeline.org/chat](#)

Crisis Text Line Text Got5 to 741741

OMH's Customer Relations 1-800-597-8481