

Youth governed approaches to

MENTAL
HEALTH &
SUICIDE
PREVENTION

for TWO-SPIRIT & LGBTQQIA & GENDER NON-CONFORMING YOUTH

lesbian gay bisexual transgender queer questioning intersex allies

THE Rationale



Why is this project important?



5x more First Nations & 11x more Inuit youth (compared to non-Indigenous) commit suicide.



Suicide rates are not broken down by sexual orientation or gender identity. LGBTQQI youth have more risk factors that can lead to suicide.



The legacy of Euro-Christian colonialism contributes to high levels of homophobia and transphobia.



Mainstream mental health services and health promotion messages do not reflect experiences, knowledge, or needs of Indigenous youth.

Objectives

- Build on & strengthen relationships between Native Youth Sexual Health Network & Well Living House.
- (i) Engage Indigenous youth in identifying assumptions & recommendations on language related to suicide, self-harm, and self-injury among two-spirit, LGBTQQIA, & gender non-confirming Indigenous youth.
- Conduct a systematic review on mental health promotion & suicide/self-harm/self-injury prevention services in Indigenous contexts.
- Provide a safe & health research environment for Indigenous youth through peer support training on mental health promotion & suicide prevention.
- (ii) Share assumptions from 3(i) & recommendations using both traditional and innovative means, including social media.







- Investigate promising & best practices using case studies.
- Assess the feasibility of implementing the most promising practices across Canada.

Project Phases

EXPLORE

Phase 1

Identify interventions that are:

focused on (1) suicide, self-harm, & self-injury prevention OR (2) mental health promotion

AND

relevant, effective, & potentially adaptable for two-spirit, LGBTTQQIA, and gender non-conforming Indigenous youth.

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- ADAPT/IMPLEMENT - Phase 2

Identify best practices that can be integrated, adapted, & tested by Indigenous youth.

Additional benefits from this project...

- We are using an Indigenized implementation science approach which means...we are using Indigenous lens and perspectives to undersand how program/policy interventions work in particular contexts.
- We are incorporating and building on existing Indigenous population
- health interventions.

 This project is FOR youth BY youth.
 - We are incorporating an Indigenous harm reduction approach.
- This project prioritizes mentorship and capacity building for Indigenous youth.