

Gender-Affirming Care Reduces Depression and Suicide Attempts by Youth

Gender-affirming care (GAC) is defined as any kind of medical care that people receive to align their body with their gender identity. This includes therapy, consultations with doctors, hormones, medication, or surgery for those over the age of 18. **The overwhelming majority of people receiving GAC find it to be a life-saving medical treatment.**¹

- Trans youth who receive the GAC are **73% less likely to attempt suicide** and **60% less likely to experience depression** and report feelings of hopelessness about their future.²
- Gender-affirming hormones were found to **decrease anxiety levels by 33%** for trans youth prescribed the treatment.³
- Trans youth are at higher-risk of experiencing mental health issues. Data from 2022 reveals that that **nearly 66%** of transgender youth reported experiencing symptoms of depression, **more than half** seriously considered suicide, and nearly **20% of transgender youth attempted suicide.**⁴ Legislators must protect access to life-saving treatment given the risk factors associated with this population.
- [The American Academy of Child & Adolescent Psychiatry](#), [American Academy of Pediatrics](#), [American Medical Association](#), and other major medical associations have released statements in support of GAC for youth, citing the beneficial mental health outcomes of treatment and decreased risk for suicidal ideation.

Do not restrict life-saving gender affirming care for the overwhelming majority of youth who need the care. These decisions should be left in the hands of the child's parents and doctors, not the government.

¹ Tordoff DM, Wanta JW, Collin A, Stepney C, Inwards-Breland DJ, Ahrens K. Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care. *JAMA Netw Open*. 2022;5(2):e220978. doi:10.1001/jamanetworkopen.2022.0978

² Tordoff DM, Wanta JW, Collin A, Stepney C, Inwards-Breland DJ, Ahrens K. Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care. *JAMA Netw Open*. 2022;5(2):e220978. doi:10.1001/jamanetworkopen.2022.0978

³ Kaltiala, R., Heino, E., Työläjärvä, M., & Suomalainen, L. (2020). Adolescent development and psychosocial functioning after starting cross-sex hormones for gender dysphoria. *Nordic Journal of Psychiatry*, 74(3), 213-219.

⁴ The Trevor Project (2022). 2022 National Survey on LGBTQ Youth Mental Health. <https://www.thetrevorproject.org/survey-2022/#intro>