

Life isn't always
glitter and rainbows.
At **headspace**, we've
got your back.





headspace National Youth Mental Health Foundation is Funded by the Australian
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Understanding LGBTIQA+


There are lots of ways to describe sexuality and gender. Many of these are captured by the term LGBTIQA+.


 **L – lesbian** (a female who is attracted to females)


 **G – gay** (someone who is attracted to people of the same gender)

 **B – bisexual** (someone who is attracted to people of more than one gender)

 **T – transgender** or trans people (someone whose personal and gender identity is different from the one they were assigned at birth)

 **I – intersex** (someone who is born with reproductive or sexual anatomy that falls outside the typical definitions of 'male' and 'female')

 **Q – queer** (this term has been reclaimed by many as a proud term to describe sexuality or gender that is anything other than cisgender and/or heterosexual – and sometimes referred to as “Genderqueer”.)

 **A – asexual** (someone who has low or no sexual attraction to any gender, but may have a romantic attraction towards another person.) / **aromantic** (someone who experiences little or no romantic attraction to others.)

+ – plus (this acknowledges there are many other diverse sexual orientations and gender identities).



The way you want to describe your gender and sexuality, and who you share that with, is **completely up to you.**

About gender

Although gender has traditionally been categorised into ‘male’ and ‘female’, it’s becoming more widely recognised that gender is not that simple and there are a diverse range of gender identities.

Young people who are gender diverse, or do not identify with the gender they were assigned, live exciting and fulfilling lives.

But, discrimination and transphobia – along with a lack of understanding or acceptance – can contribute to an increased risk of mental health difficulties.

Getting the right help and support

It can take time to find the health professional who is right for you, so don't give up if you don't find the right person straight away. Remember that you don't have to discuss your gender identity if you don't feel comfortable or safe.

You are not alone. There are many young people exploring and questioning their gender identity. If you want to talk through any questions or concerns about your gender identity, there are people who can help and support you.

eheadspace

eheadspace is our national online and phone support service for people aged 12–25, their families and friends.

eheadspace is staffed by experienced and qualified youth mental health professionals.

To access **eheadspace** visit [eheadspace.org.au](https://www.eheadspace.org.au) or call 1800 650 890



“It’s important to know that gender diversity does not cause mental health problems”

– Dani, hY NRG
(**headspace** Youth National Reference Group)



headspace centres

headspace centres provide face-to-face information and support to young people aged 12–25 for anything affecting their health and wellbeing.

Some centres also run LGBTQIA+ specific groups.

Contact your nearest **headspace** centre
[headspace.org.au/centres](https://www.headspace.org.au/centres)



emergency assistance

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000.

If you need to speak to someone urgently, call Lifeline 13 11 14 or Suicide Call Back Service 1300 659 467.



headspace.org.au